

FOCUS

FALL/WINTER 2023



In this issue...

Introducing our New Board Chairs	2
Donors Make our Home More Comfortable and Safe	3
Update on our New Build Plans	4

Here Comes the Sun

Our community has savoured each positive step forward through the pandemic. Vaccines becoming available, family being able to visit again in person, the return of all the wonderful recreation programs and live entertainment have all been milestones for us. No milestone, however, has been savoured more than on June 28, 2023 when the mask mandate was at last, lifted.

"I had a tough time recognizing everyone," joked resident, Judy Barber, "I forgot how good looking everyone is!"

Through the pandemic, many of us have struggled with the ways masks have impaired our communication with each other. Being able to see each other fully while chatting or receiving care is not just a return to normal, but a real relief.

"We can now truly see the finish line," shared Belmont's Medical Director, Dr. Bradley Birmingham, "We have worked together very hard to protect everyone's health and safety, and we will continue to do so. We anticipate that the risk of outbreaks of contagious illnesses will persist, especially through the fall and winter, and so our Infection Prevention and Control Team remains vigilant in its efforts



The annual visit by minature ponies is always a wonderful day! Erika Chandler enjoyed some time with Kosmo the pony.

against COVID-19 and other seasonal viruses."

Make sure to watch for your local pharmacy's annual Flu shot clinic!

While the mandate has been lifted, Belmont House is still committed to providing a safe home for all residents, tenants, staff, and visitors. The health screening procedure at the front desk will continue for the foreseeable future and masks are available at all nursing stations for anyone that would like to continue to wear one.



Katherine Mallett, Frederick Mallett, David Wishart, Edward Mercer, and Mary Mercer all having a great time at the annual SummerFest!



Scan this QR code with your phone's camera to watch our summer celebration video, *Here Comes the Sun!*

Introducing our New Board Chairs

This summer, two new Chairs were appointed to the Belmont House and the Belmont House Foundation Boards of Directors. Christopher Morgan (BH) and Winn Oughtred (BHF) sat down to discuss their vision and plans for their two years of leadership.

Q: How were you introduced to Belmont House?



Christopher Morgan

CM: Serving on the Board of Directors was suggested to me by a friend as I was nearing retirement. I was immediately attracted to the mission and culture of Belmont and have been thrilled to serve on the Board.

WO: I originally served on the Belmont House Board of Directors from 2008 to 2016 and as chair from 2013 to 2015. Like Chris, it was also a friend that suggested Belmont House to me. When the opportunity to then serve on the Belmont House Foundation Board of Directors arose with the retirement of Derek Hayes, I was thrilled to continue working with Belmont and learning more about the work of the Foundation.

Q: How have philanthropy and volunteering played a role in your life?

CM: I have had the luck and pleasure of a wonderful career that has put me in a position that I now have the time and ability to serve and invest in our community. I saw Belmont House has an opportunity to do something important outside of the scope of my career in law and hopefully use my skills to make an impactful contribution.

WO: As a young adult entering my law career, I realized that our safety nets only go so far. I began serving on the boards of charitable organizations and learned the value of philanthropy and community care. Those early lessons have stayed with me.

Q: How has your time at Belmont House shaped or changed your outlook on seniors care?

CM: Belmont has made me more aware of the challenges and the joys of aging. Being involved in the community has solidified for me that retirement

living and long term care homes are not just places to “park” our loved ones. At Belmont cocktail parties and events like SummerFest I have met so many lively, vibrant, and interesting people with incredible stories to tell. I now understand more the importance of ensuring that Belmont House and other seniors homes continue to grow and thrive.

WO: My mother lived in a retirement home not too far from Belmont House. It was a lovely home and she had a wonderful experience there. When I began volunteering at Belmont House, however, I realized how much more our lives can be as we age. Our home has something special, a community that celebrates and supports each other. Every senior deserves that.

Q: What are you most looking forward to accomplishing while serving your 2 year term as Chair?

CM: There are two main accomplishments I am looking forward to. The first is rolling out the Butterfly model of care to all Long-term Care floors. The Board of Directors has been so encouraged by the results of the pilot project on 2West. The second is our highly anticipated new build. We have an opportunity to not just expand the exemplary care and culture of our campus, but integrate more modern technology that will improve both care and recreation programming. I am excited for our future!

WO: I am really looking forward to being as involved as I can be with the fundraising efforts for both the new build and for our annual fundraising program. As our community grows and care needs have become more complex, the work of the Foundation is more important than ever before in our history.

Q: How do you envision your legacy at Belmont House?

CM: I want to be remembered as a Chair that provided excellent and effective support to the management at Belmont House—I am thrilled to be a part of the team that can help create positive impact in the wellbeing of all residents, tenants, and their families.

WO: I agree with Chris, the Foundation is committed to supporting and growing the excellence of Belmont House. I want to be remembered for my care and stewardship of the philanthropy of our incredible donors.

Donors Make our Home More Comfortable and Safe

Belmont House is a vibrant community. There is so much that needs to work well, and work together to thrive. Everything from the carpeting in the hallways to the furniture adorning common spaces and LTC rooms to the care equipment that keeps residents safe and comfortable is chosen with tremendous thought and care. Our home has been built to support the needs of an aging population. Often that has meant spending time and money sourcing the best possible fixtures for our home.

Mobility issues are something most of us can expect to struggle with as we get older. The risk of falling becomes greater, and getting around on foot can become slower and more painful. Our goal is to make sure residents and tenants can continue activity to the best of their ability for as long as possible.

The support of our Belmont House Foundation family of donors is what has made our home so comfortable and safe.

Belmont's hallways are designed to be wide enough for any mobility aid to navigate comfortably and we are working to install ceiling lifts in each Long-term Care room so residents can get in and out of bed with ease.

Did you know that 42% of Belmont residents and tenants use a walker, cane, or walking sticks? To ensure comfort and ease of movement, the couches, and chairs through the main hallway and in common spaces are raised higher, are firmer than normal, and have arm rests.

To further support mobility for all residents and tenants, exercise classes and on-site physiotherapy are offered. We know that strengthening our bodies is the best way to prevent harmful falls and so with the generosity of donors, we have upgraded exercise equipment in our physiotherapy room.

The support of our Belmont House Foundation family of donors is what has made our home so comfortable and safe. **This year, we have planned to spend over \$200,000 on mobility-related upgrades throughout our home.** Brand new ceiling lifts, therapeutic surfaces, flooring replacements,

and new physiotherapy equipment are all essential for our vibrant community to continue to thrive.

With your support, we were able to upgrade all of our bath and shower chairs over the summer. Would you consider a generous gift to help us to help support the mobility and safety of Belmont House residents?



John and Mary Goodwin, along with their daughter, Jennifer Currie
Walking and Rolling for Belmont House Foundation at the annual Walk and Roll.

**Thank you for Walking and Rolling
for Belmont House!**

**Thank you to everyone who participated
in the 13th annual Walk and Roll fundraiser!
Together we raised \$23,500 for Belmont House
Foundation!**

An Update on our New Build Plans

Toronto is facing a housing crisis. But did you know, it's also a seniors housing crisis? Our city has lost thousands of Long-term Care beds in the past ten years while the need for care has skyrocketed. In 2022, the average wait time for a permanent Long-term Care bed in Ontario was 213 days, in Toronto it was 286 days.

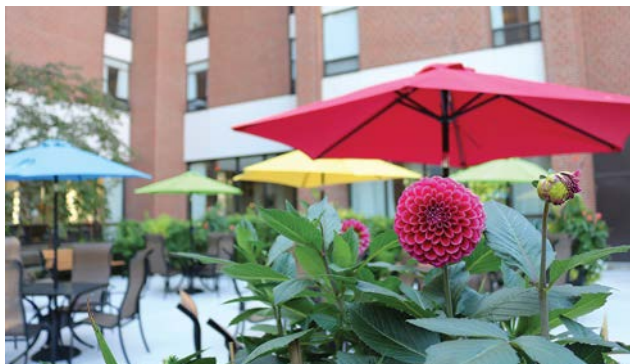
Belmont House is the preferred home for many seniors in Toronto and individuals on our Long-term Care list are waiting far longer than the average time in the city.

We don't want to just be a part of the solution, we are committed to leading the fight in ensuring all seniors requiring care are able to receive it quickly, affordably, and with dignity. We have



moved forward with Architects, Montgomery Sisam and submitted plans to the government for our new building. Our vision of creating a holistic campus of care is one step closer to becoming a reality.

We are very grateful to everyone who has responded with such excitement for this project and will be inviting everyone in the Belmont community to attend a question-and-answer session with the Board of Directors and our CEO soon.



We were sad when we had to say goodbye to our beloved Chestnut Tree earlier this year. In its place, a patio perfect for reading in the sunshine, visiting with friends under the colourful umbrellas, and fun community barbeques has been built. All are welcome to enjoy the patio!

Upcoming Special Events

Oktoberfest Party - October 3, 2023

Memorial Service - October 4, 2023

Remembrance Day Service - November 11, 2023

Christmas Craft Sale - November 24, 2023

Christmas Tea - December 14, 2023

FOCUS

A newsletter
for friends of
Belmont House

Writer:

Deanna Codner
dcodner@belmonthouse.com

Design:

JPD Design

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

Belmont House 55 Belmont Street, Toronto ON M5R 1R1
Phone: (416) 964-9231 Ext. 238 Fax: (416) 964-3617
E-mail: information@belmonthouse.com
www.belmonthouse.com © Belmont House, 2023