

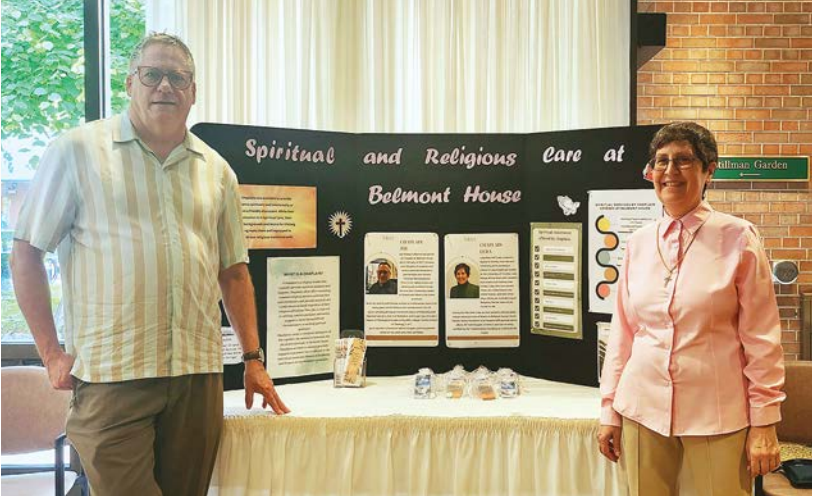
Belmont House Chaplains are here for you!

On May 27, Belmont House celebrated Chaplaincy Awareness Day. Luba Rascheff and Joe Abbey-Colborne, our wonderful Chaplains, were available to answer questions and distributed materials about the spiritual care programs offered at Belmont House.

“Being involved in care not just for residents, but families and staff as well is what made this position so appealing to me,” shared Joe Abbey-Colborne, “Spiritual care at Belmont House is so personal. Walking alongside our community as we all navigate life together has meant the world to me.”

Everyone at Belmont House, residents, tenants, staff and family members, are welcome to reach out to Luba and Joe for support and participate in the

programs the Chaplaincy department offers. Belmont House’s monthly spiritual calendar can be found outside the chapel.



Joe Abbey-Colborne and Luba Rascheff provide spiritual care for the Belmont family.

“World Whimsy”

Katharine Mallet took inspiration from her travels to create a quilt with symbols from 200 nations.

“It was exciting to share this piece with everyone,” shared Mrs. Mallett, “I have so many wonderful memories from travels with my family and I was inspired to research different cultures and the symbols that are most important to them. The quilt took 5 years to complete, and I learned so much through the process.”



“There are so many iconic images through the quilt, but my favourite bit of whimsy has to be the classic British red telephone box!”

FOCUS

A newsletter
for friends of
Belmont House

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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.

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FALL/WINTER 2024



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Transforming Long-Term Dementia Care with the Butterfly Model for Enhanced Resident Well-being

Belmont House is thrilled to be among the recipients of The Slight Family Foundation’s newest phase of strategic philanthropy, with a \$30 million donation to support seven Canadian organizations in enhancing dementia research,



Filomena Pimentel waters plants on Butterfly Lane with residents every week.

prevention and compassionate care. This investment comes at a critical time, with the number of Canadians projected to be living with dementia reaching nearly 1 million by 2030, a staggering 65 per cent increase from 2020. Belmont House will receive \$700,000 to implement the Butterfly Model on 4 additional floors over the next 3 years.

CEO, Maria Elias shared that after a successful pilot project that has resulted in an increase in recreational programming participation, resident appetites, and self-reported overall happiness and decreases in wandering, aggressive behaviours, and anti-psychotic medication use, rolling out the Butterfly Model of Care, “just makes sense.”

“It is a philosophy that we believe is needed and required for all seniors and the generosity of the Slight Family Foundation is a real game changer for us.”

Sharing His Story

Legacy and tradition are things we all think about. How will I be remembered? Will my stories be passed on through the generations of my family?

On June 25th, 75 people joined for a celebration of Dr. Sabir Alvi’s book launch. Dr. Alvi, is a tenant at Belmont House.

“It was truly a memorable day for me, I was humbled by the way Belmont House staff enacted this event. It was far beyond my expectations.” Dr. Alvi published a memoir, titled *The Ebb and Flow of my Life* and his collection of poetry titled, *Echoes from the Gilded Cage: in the Age of Pandemics*. Both books are quickly checked in and out of the Belmont House library.

“I never wrote a line of poetry until my wife, and I moved to Belmont House in 2019,” shared Dr. Alvi, “a fellow tenant started a poetry group, and keen to participate in as much at Belmont as I could, I



Gail Walker, Dr. Sabir Alvi, and Maria Elias along with Haider and Suroosh Alvi

attended. Never did I think that writing poetry would become such a freeing and therapeutic exercise for me, but it brought me healing and perspective through the trying years of COVID-19 lockdowns and restrictions.”

“It is an honour to be able to read the incredible story of Dr. Alvi’s life,” shared Gail Walker, Director of Retirement.

Summer Fun!

Summer at Belmont House is truly something special. Spending time with family and friends in the gardens, soaking up the sunshine, and of course, lots of exciting special events!

The 15th annual Walk and Roll was a great success. Over 100 participants Walked and Rolled and raised over \$20,000 for recreation programming at Belmont House.



Barbara McMurrich and volunteer, Brent Hoskins enjoying the food and live entertainment at the annual SummerFest.

“Living with dementia means living in the moment. Recreational programming allows this to happen and provides joyful moments. It is so important for us to support the Belmont Foundation”

— Evelyn Barsby, family member.



We were treated to an excellent performance in the North Garden by The Band of the Royal Regiment of Canada on July 11.



David Wishart, Nursing Supervisor Brittney Hadada, and Ann Turner Walking and Rolling for Belmont House Foundation.

Expanding Belmont House’s Palliative Care Program

As we all age, there can be so much that comes up that we don’t expect. At Belmont House, we are committed to supporting every resident and tenant as individually and with as much care as possible. This includes our approach to palliative and end-of-life care.

“Every individual’s palliative care plan is different,” shared Nursing Supervisor, Julie Symons, “all departments are involved to ensure as much comfort, dignity, and choice as possible. We have received some great feedback from family members that has led to some enhancements in our approach to palliative care.”

Belmont’s nursing staff, along with physiotherapists, social services, recreation coordinators, dietary staff, and the chaplains work closely together to support residents and their loved ones. We all have items we reach for when seeking comfort. A fuzzy blanket, warm cup of tea, or our favourite snacks are all essential to rest and relaxation. To create a truly comfortable and restful space for both residents and their family members to spend time together as a resident receives end-of-life care, we are introducing carts full of comfort necessities that can be brought into any room.

Outfitted with a coffee machine, lots of snacks, tissues, aromatherapy, and other comfort items, family members can spend as much time as they desire with their loved ones without having to leave. We are also introducing specialty nightgowns that open in the back like hospital gowns. These gowns allow dignity, and care



to exist simultaneously while residents are comfortable and cozy.

“We know this addition to providing care to both residents, tenants, and their families will make a real impact,” shared Julie Symons, “but we need our community’s help to keep this program going.”

Please use the enclosed reply form and postage-paid envelope to make a donation to Belmont House Foundation today.

A donation of \$500 will purchase and outfit a new comfort cart.

A donation of \$150 will re-fill the comfort cart.

A donation of \$50 will purchase a cozy nightgown for a resident.



Upcoming Events

- October 2 Oktoberfest Party
- October 21 Halloween Party
- November 11 Remembrance Day Service
- November 21 Children’s Christmas Party
- December 12 Christmas Party

For more fun events, check out the recreation calendars on the Belmont House website, bulletin boards, or Sagely app.