

FOCUS

FALL/WINTER 2018



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A berry good time was had by all

On June 20th, about 220 Residents, Tenants and Family Members enjoyed Belmont House's annual Strawberry Social.

Tea and delicious homemade strawberry shortcake were savoured. Laughter and friendly chatter could be heard throughout the event.

The weather couldn't have been better, and Belmont's gardens provided the perfect backdrop for this social event.

Spirit-lifting social activities like this one take place throughout the year at Belmont House, and we are grateful for the generosity of our donors, whose support covers their costs.



These four lovely ladies had a delightful time at Belmont House's 2018 Strawberry Social. They are (left to right): Mrs. Catherine Brackley, Mrs. May Kerr, Mrs. Isobel Patterson-Smyth and Mrs. Betty Van Wyck.



Fun and Fundraising went hand in hand for 2018 Walk-a-Thon participants. Pictured are (left to right): Physiotherapist Anqueet Pandya, Tenant Dr. Mary Walsh, Recreation Coordinator Azaz Hussein, Resident Mr. Arnold Wellman, Physiotherapist Gordana Stankovic, and Resident Mrs. Dagny Mijovic.

Belmont Walk-a-Thon raises record amount

The weather was glorious on June 8th, when over 100 Belmont Residents, Tenants, Family Members, Staff and Volunteers walked and rolled to raise money to ensure Belmont can continue to offer excellent care. A record \$26,000 was raised! Warmest thanks go to all our participants, individual donors, and generous annual sponsors Achieva Health and Home Instead Senior Care.

The funds will pay for new physiotherapy equipment, a variety of recreational therapies, garden maintenance and entertainment—all things that are not covered by government funding, and Resident and Tenant fees.

Top fundraisers were Mrs. Elizabeth Burns (Resident), the late Mr. Geoffrey Armstrong (Resident), Mrs. Helen Best (Tenant), Dr. Mary Walsh (Tenant) and our Physiotherapy team.



Our community rallies together to make Belmont a more welcoming home for its Residents, Tenants and Visitors

All rooms in our long-term care home now have new furniture

This past Spring, Belmont House appealed to our community for help. We are so grateful that once again, help was there for us—as it has been since 1852, when our founders first started helping those in need.

Donors help seniors enjoy a life of dignity and grace.



Mrs. Marg Austin, a Belmont House Resident, enjoys a pleasant chat with Nicole Palmer, a Recreation Coordinator.

Our Residents living in long-term care were in need of new dressers and bedside tables to replace decades-old furniture really showing its age.

Thanks to our donors, now every Resident room has new attractive and sturdy furniture to make their space truly feel like home!

“It is our goal to continue to make Belmont Residents and Tenants feel happy, safe and secure. We are so grateful for the generosity of our donors, whose support makes every day better for everyone at Belmont House,” says Maria Elias, CEO.

Belmont visitor parking lot now bigger

It always is the high point of a Resident or Tenant’s day when family or friends visit them. Shared laughter, hugs and the touch of a hand is truly the best gift seniors can receive!

In gratitude for our visitors and to make visiting easier for those coming by car, we have completely resurfaced our Davenport Road parking lot and added more spaces. This is especially important at this time, because so much nearby construction has made it more difficult to find street parking.

Our government funding doesn’t stretch far enough to cover the cost of parking lot repairs and expansion. So we are so grateful to our supportive community whose donations have made it easier for loved ones to visit those who live here and brighten their days!

Tax-Smart Giving

Three great reasons to donate appreciated securities to Belmont House Foundation

- 1 Completely eliminate paying any capital gains tax**
- 2 Your charitable tax receipt will reduce current taxes**
- 3 You help Belmont House continue to offer seniors the very best care**

To give securities, please ask us for instructions on how to do so to eliminate your capital gains tax. Contact Deanna Codner, Fund Development Officer, at (416) 964-9231 ext. 238 or dcodner@belmonthouse.com.

Consult your financial advisor to learn if gifts of securities are right for you.

Making showering more comfortable

For seniors unable to stand or unsure on their feet, bathing can be challenging. At present, many of our long-term care Residents must take baths, or get sponge-bathed in bed to ensure their safety.

Many people would prefer showers, but our older shower systems aren't perfect. Residents must sit on shower chairs that require residents to sit up straight and hold that posture on their own, which isn't terribly comfortable, or even possible for some residents. In addition, replacement parts for these systems are no longer made.

Time and again our community has come together and given what they can to help.

Belmont House is ready to create modern shower rooms with very comfortable and adjustable shower chairs that will allow Residents to enjoy a good shower, maintain their dignity, and be safe. To do this, we are once again calling on support from our community to make donations to install new state-of-the-art shower systems that offer a more pleasant showering experience for our Residents.

We would be so grateful if you can make a donation today and return it to us in the enclosed postage-paid envelope,

or make a donation at www.belmonthouse.com and click the red Donate Now button. Yours would be the ultimate gift of comfort to our Residents!

We must rebuild, tile and equip one shower room for four of our nursing care floors at a total cost of \$100,000. Although this seems like a huge goal, time and again our community has come together and given what they can to help ensure Belmont continues to offer seniors the care with dignity that they deserve. *If you can support us today, many thanks!*



The new shower chairs Belmont House will buy for our long-term care Residents will allow them to enjoy a safe and comfortable shower.

New baths on the way!

A year ago, we asked our Belmont family to provide financial support to cover the cost of replacing all of our specialized bathtubs for our Residents in long-term care.

Our bath systems, which include devices to help lift people in and out of the tub, are aging and replacement parts are no longer made.

We are delighted to announce that many people gave generously, and we now have all the funding to cover making those replacements! *Much thanks go to all who supported this cause!*

All the new bath systems should be installed by the end of this year.

A garden oasis that's good for the soul

One thing that makes Belmont House unique is its bountiful gardens—a welcoming place for our Residents, Tenants and their Visitors to enjoy.

Belmont's gardens were specifically designed to be both beautiful and therapeutic. *And they are made possible through the kind generosity of Belmont House donors.*



Residents Mrs. Cairine & Dr. Henderson Scott take a moment in Belmont's garden to enjoy a cold ice cream cone on a hot summer day.

Says Recreation Supervisor Elleni Bouronikos, "Belmont's gardens are incredibly beneficial to Residents and Tenants. They promote well-being by triggering memories and reducing stress. Belmont's Blooming Gardens, an indoor sensory stimulation program, engages residents by helping them touch, smell and water plants. These activities keep residents more mentally alert and physically active, lessens

feelings of social isolation and agitation, and provides a great sense of pride when they see something they planted grow and prosper."

Belmont's gardens are well used. Residents and tenants enjoy entertainment in the Stillman courtyard. In the North Garden, they enjoy Socials, Summerfest and an annual performance of the Band of The Royal Regiment of Canada. Spring through fall, Residents, Tenants and Staff alike can be seen gathering to chat, enjoy the sun, eat lunch, or read a good book.

"I am more myself in a garden than anywhere else on earth."

Doug Green, Canadian gardener & author

Residents, Tenants and their Visitors stroll through award-winning rose gardens, and enjoy balcony and rooftop gardens. Some sit in the shade of our 165-year-old chestnut tree, featured in Belmont House's logo.

Thanks to the support of our donors, our gardens provide the perfect place to find inner peace, joy, and fully appreciate life.

Belmont blooms at Christmas!

Our poinsettia sale is back! They make great gifts and will beautify your home. The best reason to buy your poinsettias through Belmont is that all net proceeds go towards extras like art therapy and entertainment that brighten the days of our Residents and Tenants.

The plants come in red, pink, white or a combination of all three colours, and in sizes from small to large. Prices range from \$10 - \$35.

To order your plants, pick up your order form from our reception desk and leave the completed

form with the receptionist, or contact Deanna Codner, Fund Development Officer, Belmont House Foundation at (416) 964-9231 ext. 238 or dcodner@belmonthouse.com.

**Order deadline:
Monday, November 19
Don't delay!**



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A newsletter for donors and friends of Belmont House

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