



**BELMONT
HOUSE**
Est. 1852

The
Seniors'
Home of
Choice



ANNUAL REPORT 2023

A message from the Belmont House Board Chair and Chief Executive Officer



Christopher Morgan,
Chair, Board of Directors



Maria Elias,
Chief Executive Officer

In March 2020 the World Health Organization declared a global pandemic for the COVID-19 virus. Over the past 3 years, the government put in place many restrictions to control the spread of the virus. We were very successful in minimizing the spread of the virus through our diligent infection prevention and control policies and procedures. We celebrated in 2023 as normal life returned to Belmont House and the rest of the world. Large group celebrations such as our outdoor programs: Strawberry Tea, The Band of the Royal Regiment of Canada, BBQs, Summerfest, and ice-cream socials in the gardens were enthusiastically welcomed back. You will see through the pages of this Annual Report the many fun activities and smiling faces. We recorded our journey through COVID-19 with the production of three videos. Our last video called, "Here Comes the Sun," records the many happy and maskless events in 2023.

We welcomed the Honourable Stan Cho, our new Minister of Long-term Care, for a special funding announcement and took the opportunity to provide him and his staff with a tour of our Butterfly Lane. The implementation of the new Butterfly Model of Care has exceeded our expectations, and we are pleased to have received full accreditation. Belmont House is the first home in Toronto to receive this accreditation, and we continue to welcome inquiries from many other long-term care homes who wish to learn about the Butterfly Model of Care.

Our Strategic Plan 2019-2024 has guided our focus on the changing needs of our seniors, and to look at future needs. Throughout our history we have tried to respond to the increasing needs for seniors housing in Toronto and we are committed to using our resources to be part of the solution. The waitlist for long-term care beds in Ontario has surpassed 45,000 people.

Seniors in our community are waiting longer than ever for a long-term care bed or retirement apartment. Of the 9,000 Torontonians waiting for a placement in long-term care, 1,200 of them are hoping to come to Belmont House. There are also 350 people on our waitlist for retirement living. These conditions and our commitment have led us to develop plans to expand our current site to accommodate more seniors.

The planning for the new expansion began in earnest in 2023 and many meetings with the Belmont community have been held to enable participation and input. Belmont House was originally approved by the Ministry of Long-term Care for 100 additional long-term care beds. However, the Ministry recognized the need for more beds in Toronto and we agreed to expand by 168 long-term care beds. In addition to long-term care accommodation, we are adding 32 assisted living and memory care spaces for retirement living. We are working hard to ensure our expansion can help lessen the stress for the many families with a loved one in need of care.

The Ministry of Long-term Care provided additional funding in 2023 as part of their multi-year plan to increase levels of direct care for long-term care residents to four hours per resident per day. We used this additional funding to increase our nursing and recreation staff. The Ministry also expanded their inspection program to ensure that all long-term care homes in Ontario are inspected at least twice per year. Annual inspections are also conducted for our retirement program through the Retirement Home Regulatory Authority. All inspections held in 2023 resulted in reports that demonstrated the excellent care and services that we provide our long-term care residents and retirement tenants.

A message from the Belmont House Board Chair and Chief Executive Officer

Our financial position at the end of 2023 resulted in a surplus. All surpluses are invested and held for future needs. Building maintenance and projects included new thermostats for the east building; upgraded ventilation and humidification systems; roof repairs; additional nursing equipment and portable resident lifts; and a new patio in the east building. We also saw the return of our art therapy and music therapy programs.

All members of the management team participate in various advisory groups with the Provincial ministries and with other long-term care and retirement homes. Belmont staff participated in the development of a new long-term care management education program and a new quality improvement education program with AdvantAge Ontario. Belmont staff are encouraged to look at opportunities to improve and welcome partnerships with researchers to better the quality of life for seniors. Some of our tenants are participating in a research study with the University Health Network looking at "Longitudinal non-contact monitoring of gait and postural stability in older adults living in Retirement Living to estimate fall risk." We also take pride in participating in the education of future health care professionals and working with our academic

partnerships in universities and colleges. The Province has increased funding to universities and colleges to allow more students. The number of students placed at Belmont has increased by fifty percent.

The accomplishments of 2023 would not be possible without the commitment and hard work of the Belmont House Board of Directors, the Belmont House Foundation, the management team, the Resident Council, the Tenant Council, the Long-term Care Family Council, and all our staff, physicians, volunteers, and contracted services. A very special thank you to Hema Kirpal, Assistant Director of Care & Infection Prevention and Control for her leadership, and the entire IPAC team for their work during the pandemic.

Belmont House would especially like to thank Mr. Neel Desai for his commitment to Belmont House seniors as he completed his term on the Belmont House Board of Directors. We also welcomed Ms. Subashini Kangesan to our Board of Directors.

Christopher Morgan
Chair, Board of Directors

Maria Elias
Chief Executive Officer

Watch our journey through the videos below.



Video 1
Journey Through
the Pandemic:
A COVID-19 Story



Video 2
Belmont House's
Journey to a
COVID-19 Vaccine



Video 3
Here Comes
the Sun

Note: For more details on our accomplishments in 2023, plans for 2024, and the Strategic Plan 2019-2024, please read our 2024 Operating Plan and our Strategic Plan, which are available at Belmont House and on our website: www.belmonthouse.com

Belmont House Medical Director's Report 2023

At Belmont House, we are committed to providing first and foremost a true home for our residents and tenants, and providing care of the highest quality within this home. As long as we maintain this focus, in both our daily care and in our progress forward, such as our implementation of the Butterfly Model for those with dementia, and in planning for future expansion and renovation, we will be on the right path.

A multidisciplinary approach is a key component to providing care in one's home. Our personal support workers, registered nurses, registered practical nurses, and our recreation staff recognize their key role in making this a home. Supported by many others including physiotherapists, physicians, a registered dietitian, administrative staff, social worker, clergy, and others, they provide exemplary care while maintaining this focus. We are also grateful for the many visitors and volunteers, who enhance the quality of life of our residents and tenants here in their home.

Recognizing that for most of our residents and tenants this is in fact their final home, and that the vast majority of people wish not to spend their final days in hospital, we strive to provide high-quality palliative and end-of-life care.

Our residents face a broad range of medical challenges, both cognitive and physical in nature. The level of acuity and severity of illnesses being cared for within Long Term Care is markedly greater than in the past. We manage many of the acute issues that previously would have been managed in hospital, and ongoing subacute issues that previously were managed in other chronic care facilities. We also are faced with limitations in other appropriate facilities for issues such as physical aggression in dementia. The level of severity and acuity of illnesses that challenge our retirement tenants has also increased over time. Our tenants' needs are also quite varied and in many circumstances similar to those in Long Term Care. These and other factors place an ever-increasing burden on our resources, and on our people, in our efforts to provide exemplary care and maintain our focus on this being first a home.

We are fortunate to have four primary care physicians at Belmont House, namely Dr. Sara Wainberg, Dr. Silvy Mathew, Dr. Lauren Gewurz, and myself. We are also fortunate to be able to offer additional health care services



Dr. Bradley W.C. Birmingham,
Medical Director

at Belmont House including dental care, psycho-geriatric care, vision care, foot care, laboratory services, portable x-ray and ultrasound, skin wound and pressure sore assessments, seating assessments, swallowing assessments, and pharmacy services.

In 2023, we admitted 47 residents to Long term Care, including 3 who transferred from our own retirement setting. There were 43 deaths and 2 transfers to other facilities. As of December 31, 2023, the average age of our LTC residents was 86 years, with a range of 61 – 102, the lower end of this range being a reflection of the younger age group now being admitted to LTC homes. Within our total of 140 LTC residents, 124 are female.

We also welcomed 19 new tenants to our retirement wing in 2023. There were 8 tenant deaths, 3 transfers to our Long Term Care, and 3 transfers to other facilities. As of December 31, 2023, there were 20 male and 65 female tenants. The age of tenants ranged from 75 to 103, the average being 89 years.

In closing, I would like once again to thank everyone who strives to enhance the lives of our residents and tenants, here in their home.

Respectfully,
Bradley Birmingham M.D.
Medical Director

Medical Staff

Dr. Bradley Birmingham
Dr. Silvy Mathew

Dr. Sara Wainberg
Dr. Lauren Gewurz

Belmont House Board of Directors and Management Team

Belmont House Board of Directors



Christopher Morgan, Chair



Joanne Beaton



Wynne de Jong



Subashini Kangesan



Michael Heffer



Diane McArthur



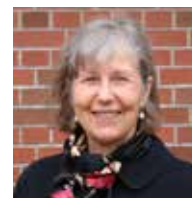
Myles Mindham



Valerie Pringle



Kathryn Ramsay



Elaine Roberts



Donald Stewart

Management Team



Back (left to right): Donna Locke, Trudie Phillips, Peter Paas, Carina Strantzias, Hema Kirpal, Gail Walker

Front (left to right): Rebecca Thomas, Maria Ernesto, Maria Elias, Hannah Bontogon

Not pictured: Dr. Bradley Birmingham, Brittney Hadada, Tajdin Kassam, Julie Symons, Socrates Theophylactou

Financial Report

Belmont House

Statement of Revenue and Expenses
Year Ended December 31, 2023 (\$000's)

	2023	2022
REVENUE		
Resident Fees	10,415	9,728
Provincial Government Subsidies	11,139	9,611
Amortization of Deferred Contributions	735	700
Interest and Sundry	679	473
Total Revenue	22,968	20,512
EXPENSES		
Residents' Medical and Nursing Services	9,754	8,625
Residents' Support Services	8,569	7,998
General and Administration	3,172	2,617
Amortization of Capital Assets	1,503	1,466
Total Expenses	22,998	20,706
Excess (Deficit) of Revenue over Expenses	(30)	(194)
OPERATING GRANTS AND BEQUESTS		
Belmont House Foundation	424	340
Bequests and Legacies	899	741
Total	1,323	1,081
Excess of Revenue over Expenses from Operations	1,293	887

Complete audited financial statements are available upon request.

Belmont House Foundation Report

I was honoured to be elected Chair of the Belmont House Foundation Board of Directors in June of this year. I have a long history with the Belmont community, first joining the Belmont House Board of Directors in 2008 and serving as Chair from 2013-2015. After a few years away, I was thrilled to be asked to join the Foundation Board in 2019. I jumped at the opportunity to contribute to an organization that I have long admired.

The Belmont House Foundation's work is inspirational. The efforts made to inspire and mobilize our community to invest their philanthropy into the very best senior care around have made a lasting impact in the lives of everyone who lives at Belmont House and every family member that visits.

In 2023, Belmont House Foundation raised over \$530,000 that is being invested directly into our wonderful home. With the support of our many generous donors, and skill of our investment firm, NEXUS Investments Ltd., Belmont House Foundation granted \$750,000 to Belmont House. These funds purchased new care equipment such as replacing all the hygiene lifts in Long-term Care, repairing our balconies so residents have beautiful outdoor space easily accessible to them, upgrading our home's security system, replacing our boiler, and much more.

Community generosity also helped to fund the excellent live entertainment hosted every week, a new art therapy program, our caring chaplaincy services, and brand-new patio furniture in our new garden space where our beloved Chestnut tree once stood.



Winn Oughtred, Chair
Belmont House Foundation

2023 was also a year of education for Belmont House Foundation, as we look forward to a campaign that will support the planned new building, we were thrilled to welcome the assistance of KCI. Consultants Cecelia Paolucci and Lindsay Reid have been working with our Board and Foundation staff as we plan a historic campaign for the bright future of Belmont House. William Lambert retired from the Belmont House Foundation Board in 2023. We thank him for his years of dedication to the Belmont Family. On behalf of the Foundation Board I would like to thank Maria Elias, our Chief Executive Officer, and Deanna Codner, our Fund Development Officer, for their continued support and inspiration.

In 2024, Belmont House Foundation plans to grant over \$1,000,000 to Belmont House. But this can't be done without your help. Please consider how your support can make life sunnier for everyone who lives, works, and visits Belmont.

Belmont House Foundation Board of Directors



Winn Oughtred, Chair



Jim Christie



Michael Chan



Kimberley Enns



Ann Katrusiak



Barbara Hyland



David Hackett



Peter Salloum

Here Comes the Sun!



Tim and Dylan Reid at the 13th annual Walk & Roll fundraiser for Belmont House Foundation.



Summerfest is an annual highlight for everyone with lots of great food and entertainment!



Our annual The Band of the Royal Regiment of Canada is always a highlight of the year!



Judy Barber celebrates the start of summer at the Strawberry Tea.



Maria Elias, Joyce Fearnside, Mary Walsh, John Goodwin, Sabir Alvi, Chris Wansbrough, Caterina Gallippi, Minister Stan Cho, and Lisa Levin pose for a photo following a media announcement Minister Cho made at Belmont House.

Ontario | Belmont House

Media Announcement & Tour

We were thrilled to host the Honourable Stan Cho, Minister of Long-term Care at Belmont House in the Fall as he made a media announcement and took a tour of our home.

"To the wonderful staff and residents at Belmont House, thank you so much for graciously hosting our October 2023 announcement. It was a privilege to tour your home, hear your stories, and talk about how our government is working hard to deliver a better long-term care experience for all seniors."

Honourable Stan Cho, Minister of Long-term Care



Allan Mountford enjoying the beautiful weather at one of Belmont's many summer events.



Elizabeth Yarnell, Chris Morgan, and Louise Saunders at Summerfest.



Scan this QR code to watch our video celebrating the lifting of the majority of pandemic restrictions.

Here Comes the Sun!



Madeleine Courtney enjoys some time with our favourite miniature ponies!



Mary Louise Clements with her new bunny friend. We love when animals come to visit!



Julia Wilson enjoying the fun at Summerfest.



Julia Marias painting in weekly art therapy class.

Belmont House Councils

Our councils provide a forum for residents, tenants, and family members to offer positive and constructive feedback from their experiences of living at and visiting Belmont House. Council members provide vital connections and input regarding our home and programming.

Resident Council



Back (left to right): Erika Chandler, Judith Barber, Evelyn Pancer, Sylvia Hughes, Colleen Hoyles, Andrea Thompson (staff support)
Front (left to right): Eleanor Kaprielian, Joan McEwan, Alice Pope, Caterina Gallippi
Not pictured: Joyce Fearnside

Tenant Council



Back (left to right): Catherine Brackley, John Goodwin (Chair), Gail Walker (staff support), Nicol MacNicol, John Snell
Front (left to right): Patricia Seyfried, Mary-Jane Horsfall Large, Peter Lewis, Margaret Meynell, Timothy Reid

Family Council

The Long-term Care Family Council meets several times a year to provide feedback for the management team and support one another. All Long-term Care family members are welcome to join!

Celebrating Philanthropy: Belmont House Foundation Donors 2023

For over 170 years Belmont House has relied on the generosity of our community to help ensure the very best possible care, programming and facilities for residents and tenants. We are so grateful for everyone who chooses to support the Belmont House Foundation and exceptional Senior care.

CEO's Club - \$25,000+

The C&F Eaton Charitable Foundation
The Estate of Edith Jewett
Nexus Investment Management Inc.
Rathlyn Investments Ltd.

Platinum Patrons - \$10,000+

Rabin Chatterjee
Susan Cowan
Ellen and George Edmonds
The Estate of Joan Hodgson
Home Instead Senior Care
Donald F. Hunter Charitable Foundation
The Estate of Isabel MacRae
Andrew and Valerie Pringle
The Jilla And Robert Williams Foundation

Gold Patrons - \$5,000+

Balfour Bowen Family Foundation
Robin Butler
Barbara Darling
Barbara Hyland
Hal Jackman Foundation
Allen and Marion Lambert Fund
Frederick and Katherine Mallett
Nicol and Carol MacNicol
Barbara McMurrich
Judith and Graham Weeks
Michael Mountford
The Royal Canadian Legion
Hellen Spanjer
Martin Wakim
David Wishart

Silver Patrons - \$2,500+

Noah Cappe
Frieda Chu
The Clement Family
John Curran
The Mariano Elia Foundation
Anthony and Shari Fell
Heather Gibson
David Hackett
Waltraud Huainig
Jean Lawrence

Robert Lawrie
The Estate of Jack Lucas
Bruce MacGowan
Sally Martin
Edward and Mary Mercer
Christopher Morgan
Winn and Barbara Oughtred
John and Catherine Phillips
Kathryn Ramsay
Elaine Roberts

Bronze Patrons - \$1,000+

Sabir and Sajida Alvi
Ann Atkinson
Prince Bansal
Peter Beattie
Mary Byers
Peter Campbell
James Carr
John Cathers
May Sue Chong
James Christie and Sarah Pepall
James Cowan
Christine Cram
Connie Dickson
Jim Doholis
Dennis Donovan
John and Sally Eaton
Eglinton Bayview and Joints in Motion
Maria Elias
Diane Emanuel
Joyce Fearnside
John and Valerie Gerber
John and Mary Goodwin
Jean Hackett
Brent Hoskins and Ray Hallett
Howitt / Dunbar Foundation
Ann Katrusiak
Margaret Kerfoot
J and K Knowles Foundation
Susan Lambie
Peter Lewis
Tom and Marnie Little

Rick Lucas and Lorraine Saab
Nicol MacNicol
Claire Marler
Christopher and Deborah Martin
Georgios Mavrigiannakis
James and Jane McMyn
Vodrie McQuat
Myles Mindham
Phyllis Morgan
Paula Moss
Kathryn O'Brien
Margaret Paterson
Margaret Peacock
Robyn Pickering
Dana and Katie Porter
Leslie Pringle
Phyllis Pringle
John Purdon
Louise Saunders
Susan Scace
Terry Smith
Edward Stephenson
Donald Stewart
David Stinson
David Sweeney
Carolyn Vose
Judith Wade
Mary Walsh and Arnold Wellman
Betty and Chris Wansbrough

Benefactors - \$750+

Joanne Beaton
Michele Noble
Kimberley Enns
Sonita Horvitch
The Barbara M. Johnston Foundation
Lorna Marsden

Companions - \$500+

Mara Adams
Alexander Aird
Martina Albright
Chris Allen
Carol Ammon
Matilde Barsby
Richard Bell
Helen Best
Bonnie Booth

Steve and Linda Boutilier
John Brick
Mary Kardos Burton
Mary Louise Clements
Harue Clipsham
Beverley Collombin
Norma Croxon
Michael Cruickshank
John Darby
Sasha Darling
Dorothy Davey
Theda Deacon
Douglas and Pat King
Sheila Dutton
Sarah Farquharson
Mario Ferrara
Emmanuelle Gattuso
Jack Gibbons
Glue Inc.
Marie Hardy
Arthur Hayden
Derek Hayes
Patricia Hemming
Linda Intaschi
Robert Johnstone
Mary Knowles
John Krizanc
David Lawrence
Eve Lewis
Tony Marino
Tim Marlatt
Diane McArthur
Dawn Morrow
Barbara Palmer
Jane Palmer
Cecelia Paolucci
Lee Pearson
Mary Jean and Frank Potter
Elizabeth Purves
Flavia Redelmeier
Timothy Reid
Anna-Claire Swinger
Susan Thompson
Tony and Mary Van Straubenzee
Elizabeth Van Wyck
Mary Barber-Villeneuve
Alan Young

Celebrating Philanthropy: Belmont House Foundation Donors 2023

Supporters - \$250+

Jesco Afheldt
Toni Allen
Caroline Avery
Paul Bedford
Pamela Bennett
Doreen Berg
Marlene Bogert
Irene Boychuk
Catherine Brackley
Louise Brent
Susan Brunt
Fabiola Butler

Scott Clarke
Carole Cole
Peter Currer
Wynne de Jong
Fay Dirks
Graham Farrell
Catherine Fauquier
Veronica Fenwick
George Fulford
Sandy Giles
Michael Gillies
Ishbel Grauer
Susan Grundy

Noreen Harrald
Catherine Hyland
Naomi Jeffs
Susannah Ketchum
Margaret Little
Elizabeth Mason
Arnold Massey
Jamieson Halfnight and
Sheila McKinley
Mark McQueen
Ann Miles
Robert Nobes
David Overall

Dapne Payne
Barry and Deborah Peacock
Geoffrey Pringle
Robert Richards
Peter Salloum
Virginia Smith
Jacqueline Sutherland
John Tellyan
Luella Thomson
William Walker
Michael Wansbrough



Celebrating legacy giving at Belmont House! Tim Reid, Raymond Hallett, Brent Hoskins with Winn Oughtred and Maria Elias at the annual Heritage Circle Luncheon.



Celebrating the 13th annual Walk & Roll!

We mark and celebrate the lives of the Belmont House residents and tenants that passed away in 2023. Residents and tenants often feel like an extension of our own families and we are honoured to care for and spend time with everyone who lives at Belmont House.

Dolores Alsop
Max Beimler
Elsa Bramuglia De Maggi
Margaret Brown
Winnifrede Burry
Violet Campbell
David Clipsham
Barbara Darling
Full Carlota
Filomena Fusco
Zita Gallant
Jessie Gillies
Edward Granfield
David Hackett
Esther Harshaw
Luella Healey
Betty Hill
James Hubbard
Thea Kalnins
Julie Kalous
William Kemp
Robert Korthals
Marion Langford
Robert Lawrie
Margaret Lawson

Edith MacKay
Donna Madill
Full Laura
Yvonne Marshall
George Matthew
Mary McLaren
Norman Morrison
Deolinda Oliveira
Irene Poirier
Dawn Potts
Susana Reyes
William Richardson
Gladys Russell
John Sandusky
Ann Schabas
Betty Speakman
Etta Standing
Anna-Claire Swingler
Ronald Tasker
Full Margaret
June Vince
Alma Vose
Marion Wallace
Graham Weeks
John Whyte
Joyce Young



*"My Father's house
has many rooms; if that were
not so, would I have told you
that I am going there to
prepare a place for you?
And if I go and prepare a
place for you,
I will come back and take
you with me that you also
may be where I am."*

John 14: 2-3

Celebrating 170 Years of Caring



Carol and Nicol MacNicol enjoying a refreshing ice cream in the Stillman Garden.

Our Mission

Belmont House is a charitable, not for profit Christian organization dedicated to providing seniors with excellent care within a safe, stimulating community. Belmont House provides support for independence, companionship, choice, dignity and privacy.

Our Vision

To be an exemplary community for seniors within a caring environment.

Our Values

- Caring
- Excellence
- Innovation
- Respect
- Responsiveness
- Teamwork

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





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