

FOCUS

FALL/WINTER 2021



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Summer of Fun!

With vaccines in arms and restrictions lifting, we were all ready for a summer full of fun.

Visitors, entertainers, parties and outings have all been on our calendars and we have been having a blast!

Throughout the COVID-19 pandemic, the Belmont House Recreation Team has been running modified programming to allow social distancing and going above and beyond to ensure residents have access to activities and quality time with their families. Organizing events like Summerfest and the Strawberry Social over multiple days, coordinating all different kinds of visits, and ensuring residents and tenants who needed to isolate had access to additional fun and entertaining resources.



Kim Barton, Azaz Hossain, Nikki Palmer, Elleni Bouronikos and Joe Abbey-Colbourne are all part of the incredible team that make Belmont's Recreation and Spiritual programming so wonderful.

On behalf of the Board of Directors, Senior Management Team, residents, tenants and all family & friends, thank you to the Recreation Team, students and volunteers. Your commitment and smiles make life better for everyone at Belmont House!



Tenant Ruth Clarke, Resident Joan McEwan had a great day Walking and Rolling for Belmont House Foundation with Hema Kirpal. Our annual Walk and Roll raised an amazing \$27,000!



Resident Neil Norris enjoys a few minutes of solace with Mignon, a 6 month old miniature pony who came to visit residents with her mother.

Flying to New Levels of Care

This Autumn, the residents, staff and families of 2 West in the Senator Walker Wing are embarking on an incredibly exciting new adventure! We are so happy to announce that we are implementing the Butterfly Model of Care and are beyond excited to share this journey with all of you!

Approved by the Belmont House Board of Directors in May of 2020, and with the support of the Belmont House Foundation, our team has been busy with training and preparing to transition into this new, emotion-centered model that puts connection and joy at the centre of dementia care.



"We have been looking forward to this for a long time," shared Paige Fernandes, Belmont's Planning and Community Engagement Coordinator. "The Butterfly Model of Care is an opportunity to take dementia care to the next level."

With a reputation of "the Senior's Home of Choice", Belmont House is passionate about innovation, and looking at best practices around the world in the care of Seniors with dementia. We are a community that invests in continuing education for staff, the most up-to-date equipment possible, and recreation programming that is stimulating, fun, and therapeutic.

It is this passion that has brought us to this next level in our dementia care. Originating from homes in the United Kingdom, the Butterfly Model focuses on delivering true person-centered, emotion-focused care to residents. Believing connection is a main purpose of our lives, both residents and staff are empowered to live in a more home and family-like setting. With more colour, stimulation and connection, residents living in a Butterfly Home are able to find greater levels of belonging, engagement and satisfaction.

"Home is the whole point," says Elleni Bouronikos, Belmont House's Recreation Supervisor. "Whether a Resident, family member, staff or visitor, Belmont House is a home in some way to each person who walks through our



Residents Joan Graham, Neil Norris and Nancy Pickering dance the day away with Marianne Javier and Laura Danial.



Looking for fun? 2 West is the place to be! The Butterfly Model will make room for more joy & laughter.

doors. Residents feel safe and at ease here. With the implementation of the Butterfly Model, we have the opportunity to bring that feeling and safety to the next level. Residents will have more say in how their individual space is decorated, what their meals look like, and how their days are structured. More autonomy and choice in daily activities maintains dignity and brings us as staff into their worlds, which is how care should always be."

Stories from other homes who have implemented this model across the world are exciting and motivating. Tales of creating tax clinics for former accountants itching to get back to work or crafting an airplane cockpit out of items around the home for a former pilot wanting to fly again. Setting up familiar spaces such as garden gates, bus stops, or a laundry area are all examples of changing a Resident's perspective from an observer to a participant. dementia does not rob one of purpose or strength. We are dedicated to keeping this at the forefront of this new model of care.

With the support of both the House and Foundation Boards, the Senior Management Team as well as our different councils, both Paige and Elleni are spearheading this project and have been building excitement and understanding for staff so everyone feels prepared and has a clear understanding of how their roles will be shifting before we officially launch on September 22nd.

This exciting new phase of care at Belmont House is only made possible because of the incredible community we have built together. Our collective dedication to ensuring the absolute



Caroline Cale, Jhanella Villafuerte, Filomena Pimentel and Janet Alomesen are part of the care team on 2 West and are excited about the new model of care!

best for everyone who lives at Belmont House has propelled us to this new level. **We are reaching out again for your help.**

We have estimated this project will cost approximately \$250,000 for items such as training, painting, sensory equipment and new furniture. **Will you join us as we grow through our chrysalis and emerge into a Butterfly Home?**

P.S We look forward to keeping you up to date on how this project is going through our new website and the annual Christmas campaign.

The Ongoing Impact of Community Philanthropy

Introducing the new Chair of the Belmont House Foundation Board of Directors

In our now standard Zoom board meetings and Annual General Meetings, Barbara Hyland took up the post of Chair of the Belmont House Foundation Board of Directors in June of 2021. Having served on the board since 2017, Barbara has been a passionate voice for the impact of philanthropy on everyday life for all who live, work or visit Belmont House.

Serving on different charitable boards for over 20 years, Barbara knows what it takes to make a great board member and applies her years of experience to helping ensure the Foundation is able to support Belmont House in whatever way is needed.

"I am so proud of how the Foundation was able to spring into action and ensure funds were available immediately for Belmont House to purchase Personal Protective Equipment. While we all wished we could be in the home to help and support, knowing that no one was without protection from COVID-19 was reassuring."



Barbara was initially attracted to joining the Foundation Board of Directors when her husband, Geoffrey Armstrong, was a Belmont House Resident.

"I could see the direct impact of the community's philanthropy in our everyday life," shared Barbara, "Geoffrey particularly loved the music programs and would come alive at every performance we attended. It was so important to his care. I felt a weight lift from my shoulders when he moved into Belmont. I knew the staff were beyond capable and dedicated and I could go back to being Geoffrey's wife."

Looking forward to her time as Chair, Barbara is excited to support the growth of dementia care and the implementation of the Butterfly Program on 2 West. "I know the Foundation will be able to play an important role in the program, we all can't wait to see how the Butterfly Model will impact life at Belmont."



Glorious Summer Evenings

After installing three community planters, Belmont House's gardener, Johannah left the planting and maintenance to those who wanted a fun and fulfilling summer project. "I always had a vegetable garden in our family home but with age, it became difficult to keep up," shared Tenant Patricia Seyfreid, "the taller garden beds have made it easy to tend to the gardens and we are enjoying the fruits of our labour!"

On Friday evenings a group of residents and tenants meet in the Stillman Garden for some social time, a glass of wine, and an appetizer made with the fresh tomatoes and herbs they've grown. With the evening sun and beautiful surroundings, it is truly the perfect way to end a week at Belmont.

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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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