

Spring 2023

## Carefor Retirement Homes get a facelift thanks to donors



### “Carefor Is...” Thoughts from a Carefor Resident

In December, we shared the story of Carefor Civic Complex resident, Melanie Freeman. Melanie grew up in the Pembroke Area and always knew about Carefor but thought it was a place for seniors only. After the loss of her mother (her main caregiver) she was recommended to Carefor by her doctor. In the six months that Melanie has been at Civic she’s become a huge part of the community. We recently caught up with her and learned she wrote this poem about her experience at Carefor Civic Complex.

#### *Carefor Is...*

*Carefor is a great place to be  
Especially if you are disabled like me.  
Everyone is kind and sharing and  
loving and caring.  
They make your meals and do your  
laundry and change your bed, to some  
people give out pills.  
And no worries they clean up spills.  
Even do fire drills.  
Our activities are chair exercises and  
bunco and card and bingo and crafts, too  
Are just some things Nikki our Activities  
Coordinator would do.  
So come take a tour with Jen or Casey  
And you will see what Carefor is.*

Carefor Pembroke’s **Everyone Deserves a Place to Call Home** campaign raises money for a variety of things which support our residents at Carefor Civic Complex and Mackay Centre. Among them are much-needed building upgrades.

At Carefor Civic Complex the Dietary and Maintenance Teams worked together to treat the residents to a newly upgraded Dining Hall complete with a new coat of paint, all while dealing with a low-risk outbreak. They unveiled the new Dining Hall to residents in March with a ribbon-cutting and KFC lunch.

“Gorgeous!” “It’s so bright and clean,” were just some of the things residents had to say about the newly upgraded Dining Hall.

Over at Carefor Mackay Centre, the third-floor washroom previously contained two toilet stalls and one sink, with the tub room located in a separate room. This would mean that a resident would have to go from one room to another to use

the toilet and then shower. Along with the separation of facilities, the tub unit in the previous washroom was very low to the ground and hard to access when residents required the use of a walker or had other mobility issues. This could require the need for assistance from the care team or for the resident to use bathrooms located on other floors.

“With this bathroom upgrade, residents are able to wheel their walkers into the shower and bathe without the need for too much assistance. Our care team continues to be there for residents who need help, but we have found many have felt a renewed sense of independence provided by these recent safety updates,” says Jennifer St-Cyr, Program Manager

These renovations were completed with financial assistance from the Western Financial Community Infrastructure Grant along with \_\_\_\_\_ and the generous donations from the community.

# Making it out of outbreak as a team



Though it is our goal to return to a new normal, unfortunately, reality sometimes has different plans. In late February, Carefor Civic Complex was placed under outbreak with a few staff and residents dealing with minimal Covid -19 symptoms. Many had no symptoms but still tested positive. While following the healthcare guidelines set out by the Renfrew County Health unit, Carefor Civic was placed under "outbreak".

Jennifer St-Cyr, Program Manager commented, "You could feel the dedication of the staff to get our residents

through this." With the dining hall closed and activities canceled, staff redirected their focus on continuing Carefor's holistic approach to service. "The Dietary Team made record-time delivering meals and Nikki, the Activities Coordinator, joined the Care Team in helping deliver care to residents. The leadership team could not be more impressed with how our team handled this outbreak," added Jennifer.

In a perfect world, outbreaks would stop happening but like most retirement homes we are still faced with them. Along with these outbreaks come extra costs, be it an increase in staffing required, or the cost of increased PPE needed. It's with the support of donors and volunteers that we are able to provide this high level of holistic care to our clients on a daily basis as well as during outbreaks caused by Covid-19.

# Mary Walsh cracks up for Carefor



At the end of March, Crackup Comedy for Carefor came to Pembroke with two shows, one including Canadian comedy legend, Mary Walsh. The other saw a comedy showcase including David Brennan and Derek Seguin. Thank you to all who attended and helped us raise money to support our residents at Carefor Civic Complex and Mackay Centre.

# Transportation Program gets boost from Jason Blaine Foundation!



In late 2022, Carefor Community Support Supervisor Janna Wood was on hand to accept the generous donation of \$10,000 from the Jason Blaine Foundation.

Through this donation, Carefor Pembroke Renfrew County was able to subsidize 111 units of Transportation

services for clients in need of such supports as cancer treatment, dialysis and pain management.

Grants like this have helped many local seniors make it to non-urgent medical appointments including dentist, doctor, and physio appointments without the added worry of the cost of these essential treatments.

## Ways to Donate

**Online:** [carefor.ca/donate](https://carefor.ca/donate)

**By Phone:** 613-732-9993

**By mail:**

Carefor Health & Community Services,  
425 Cecelia St., Pembroke, ON K8A 1S7

### Other Giving Options:

- Leave a Gift in your Will
- Gifts of Securities
- Monthly Giving
- In Memoriam



Carefor Health & Community Services  
Civic Complex: 425 Cecelia St., Pembroke, ON  
613-732-9993

[www.carefor.ca](https://www.carefor.ca)  
[infopembroke@carefor.ca](mailto:infopembroke@carefor.ca)

**Mackay Centre:** 700 Mackay St., Pembroke, ON  
613-732-3949

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