

\$70,000 Ways to Keep Seniors with Dementia Moving

Fall 2023

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See how your donations are
making an impact on the
lives of our clients at
carefor.ca/stories



Vince and Joanna Malette pose with their family. Daughter Amanda and her husband Matt, and with their three children, and daughter Alyssa and her husband Josh.

On a beautiful day on July 8th, the Malette family hosted the third annual Vince Malette Face Off to End Alzheimer's Golf Tournament. The tournament has become a highlight of the year bringing together Vince's friends to celebrate him and raise money for Carefor's Vince Malette Functional Fitness Program created in his honour. The fundraising goal of \$50,000 was met and surpassed, reaching an outstanding \$70,000!

The Vince Malette Functional Fitness Program is part day program, part exercise class. Its goal is to help those living with dementia maintain the mobility and function lost from the disease, while also helping them build and maintain friendships.

When dementia progresses, it is not uncommon for an individual to experience the loss of motor function and the synchronization between the body and mind which can lead to the risk of falling and injury. By attending these classes and repeating these movements throughout the



Vince and participants take part in a Vince Malette Functional Fitness Program class.

week, participants can reinforce these essential movements in their memory.

This valuable program would not be possible without the ongoing support of the Malette family and the Vince Malette Face Off to End Alzheimer's Golf Tournament. Because of them, we have been able to create a community of support where clients meet others who are navigating similar challenges, have a chance to exercise, and even better, have some fun. We are grateful to the Malette family and their community for their efforts which are making life better for other Carefor clients and their families.

The Grand Parade

The Carefor Grand Parade is quickly approaching, and we are so excited to come together with our Carefor community for this event. We will be walking to raise money and awareness for seniors support and resources and we hope you'll join us!



Whether you or a loved one has been supported by a Carefor staff member or you're someone that cares about seniors' health, we hope you will lace up your shoes and walk with us to raise money for Carefor programs and services which help nearly 20,000 people and their families every year.

The Grand Parade will take place on September 16th at 10:00 am in the heritage site of Strathcona Park on the west bank of the Rideau River.

Fundraising for The Grand Parade is simple, all you

need to do is register, and then reach out to friends, family, co-workers, and others in the community to either pledge or sponsor you, or to join your team and reach out to their networks for additional donations.

If you are interested in sponsorship or have any questions about The Grand Parade, please reach out to Wendy Knechtel wknechtel@carefor.ca or 833-922-2734 ext. 2298 for more information. The Grand Parade is a unique opportunity for businesses to reach a wider audience while aligning with a charity dedicated to supporting your community. Carefor relies on businesses to continue our work across all Eastern Ontario.

We hope that you will choose to support and participate in this event and fundraise for your team and for Carefor! To learn more about the Carefor Grand Parade, or to register, visit www.thegrandparade.org.



"One Person's Junk is Another Person's Treasure"

Donate A Car...to Carefor



Have you heard the expression, "one person's junk is another person's treasure?" Carefor offers a wide variety of ways to give from one-time donations to monthly giving, to leaving a gift in your Will. One unique way is by donating your unwanted vehicle to Carefor through Donate a Car Canada. While to you your old vehicle might be junk, to Carefor it means more money for our programs and services.

Donate a Car Canada makes car donations simple for both you and the charities you love. They will tow or pick-up your car for free from any province in Canada. To begin this process, simply fill out an online form or call the toll-free number on the Donate a Car Canada website. All donations made will have a tax receipt guaranteed.

If you have vehicle burning a hole in your driveway that you've been wondering what to do with, think about Donate a Car Canada, and help yourself and local seniors in the process.

<https://donatecar.ca/>
1-877-250-4904

The Power of Art Amid a Dementia Journey

Edward Hopper said, "Great art is the outward expression of an inner life in the artist." Carefor client, John M. has been making art for most of his life. Growing up, he would spend time with his father and uncle who were both artists as well, his father by hobby, and his uncle by profession.

While he worked professionally as a social worker, he kept art in his life by continuing to paint and even running art classes for children out of his home. He was diagnosed with dementia approximately ten years ago, after suffering a stroke. Although the progression of the disease has been slow and steady, as of recently, his mobility and hearing have begun to deteriorate, which has led to isolation, advancing his dementia. As his dementia began to set in, John disconnected from his art. His lack of energy made it difficult for him to follow his inspirations and turn them into artwork.

Then he joined Carefor's Carling Day Program. Carefor's day programs are known as vibrant places where people living with dementia come together to talk, play games and even create art. While at the day program, John started painting more. It proved not only an opportunity to reconnect with a love, but also to express

something he previously couldn't: his struggle with dementia.

One night earlier this year, John woke up in the middle of the night and roughly sketched an image resembling a man with a bandage wrapped around his head and an emptiness behind his eyes. The next evening, he woke again in the middle of the night, went back to the drawing and added expressions to the face, and details that indicated the drawing was a self portrait representing how John had felt about his dementia; injured, sad, like something was missing.

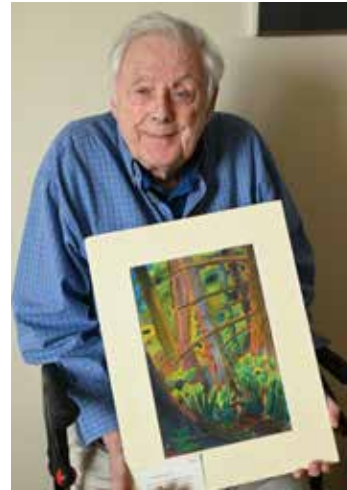
This was the first image John had created in quite some time, and mentioned it was like "I just had a feeling I had to get out, so I did". Art is known to be a therapeutic pastime. Seeing John use it to express his emotions regarding his dementia is an ode to the significance of self-expression through visual arts. "Art is a bit of a mystery; it starts with a

feeling and then follows through with an action," says John.

At the Carling Adult Day Program, he attends weekly, John can participate in visual art workshops, and continue his lifelong talent on a weekly basis, surrounded by individuals who are navigating similar challenges related to their dementia. His willingness to create artwork and his connection to his life as an artist has been re-ignited since joining the day program.

John's attendance to the day program provides respite to his wife as she cannot leave him home alone. It gives her time to attend her own appointments, run errands and take care of herself. After his days at the program, he returns home always feeling

happy. This is a testament to the way that attending the day programs can enrich the lives of clients and their families and help them to maintain and express parts of themselves that may otherwise be lost. To learn more about Carefor's day programs, visit carefor.ca/services/respice-services.



John M with one of his watercolour paintings "The Woods Have Eyes"

Estate Planning – RRSPs/RRIFs

Estate Planning – RRSPs/RRIFs
A recent survey of Canadians found that only 12% of Canadians plan to leave a legacy gift, and a third of Canadians haven't thought about it yet or are undecided. If you want to avoid taxes and leave more money for your family, please speak with your financial planner about a charitable gift.

A charitable gift can include your RRSP's/RRIF's and Locked in RRSP's/LIF's. The key here is to ensure you have the correct beneficiary designations on registered money.

How you do this depends on your situation.

If you want your spouse to be the beneficiary of your registered money, it's important to ensure their future is secured by leaving your registered money to them, so it passes over tax-free to your survivor, and this includes common law spouses as well.

If you don't have a surviving spouse, then you can consider naming your favorite charities the beneficiaries of this account. In general, whatever amount you redirect to charity is the amount to receive a charitable tax credit, significantly reducing your income tax bill, at your death.

If you do have a spouse, then consider naming the charity the contingent beneficiary of your registered money. This way, if something happens to you and your spouse, then the money can go directly to charity.



Carefor has partnered with the Donor Motivation Program. Throughout the year, we will host sessions on how you can save taxes, leaving more money for your family. If you would like to secure a complimentary seat, please let us know wknechtel@carefor.ca



Carefor
Caregivers
Garden

In partnership with



Carefor Caregivers' Garden

A caregiver's love never stops growing.

Gardening and visiting gardens have been a pastime enjoyed for centuries. There is a therapeutic quality that surrounds the combination of colour and aroma. It is this power that gardens hold that motivated Carefor to create the Carefor Caregivers' Garden.

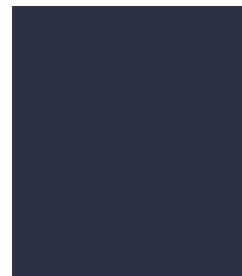
Located in beautiful Strathcona Park along the Rideau River, the Garden is a place for people to come with a loved one or alone to reflect on a caregiver in their own lives. Created with the support of the City of Ottawa and the participation of local gardening company Ritchie Feed & Seed, the Garden consists of 250 plants and flowers which will bloom throughout the spring and summer.

The motivation for the Caregivers' Garden was to create a place where people can reflect on the importance of caregiving in their own lives. Throughout Ottawa's history and since Carefor was created in 1897, no one has offered more care to the people of our city

than caregivers, and we feel that they deserve to be recognized. As an agency which works alongside so many caregivers in Ottawa we see the love and effort they give everyday and want to celebrate them.

Starting this summer, we will be sharing stories of caregivers and holding events at the garden to highlight caregivers and to help them connect with their community. We will also be raising money to support Carefor programs and services which help caregivers along their journey.

We hope you stop by the Garden for visit or come to our website to learn more.
Caregiversgarden.ca



Scan to visit
caregiversgarden.ca



Carefor

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