

Vet Gazette

In touch with Veterans Care



Volume 15, Issue 1

Winter 2020



You light up my world with your smile

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On February 14, Veterans and their loved ones celebrated Valentine's Day with a 1950/60's Valentine's Day Prom. Love was in the air as everyone joined in the fun by eating some delicious red velvet cake and dancing their hearts out. The band played some popular throwbacks and the ballroom dancers stole the show. The photo booth was the perfect added touch to document the special day.

~ Alexis More,
Therapeutic Recreation ~



Sharing the love



Our father, Lawrence Ross, was an enthusiastic resident of Parkwood for two and half years. Sadly he passed in December, 2016. In his memory, my two sisters and I made Valentine cards for all of the Veterans in Parkwood Institute. In addition, the Veterans on the fourth floor (where our father was a resident,) received a note-pad and pen, a pair of socks, a chocolate heart (if approved), and hand-made Valentine in a gift bag. Making these cards was a great way to spend a Sunday afternoon, and enjoy sister-time.

We delivered the Valentine's to Leslie Kirley, Occupational Therapist on February 13 to be distributed by the nursing staff, to every vet the next day. Needless to say, these gifts were well received. We Love Our Vet's!

~Debbie, Pat and Lana ~



Thanks!

Thank you to the Scouts of #77 Masonville for visiting and assisting the veterans during an evening of bingo. This event was sponsored by the parents of one of our Unit Secretaries, Elaine Lockrey.

~ Cal Paterson, Therapeutic Recreation ~

2020 Vision of Veterans Calendar

There was a vision to create a calendar featuring the Parkwood Institute Veterans. A tribute of remembrance, and an opportunity to share their stories beyond the walls of Parkwood Institute.

All Veterans had an opportunity to submit their name into a lottery to determine who would be featured in the calendar. These veterans enjoyed a professional photo shoot, provided pictures of their military service and shared key pieces of their personal story.

We celebrated the arrival of the published calendars by hosting a launch party. Veterans autographed their calendar pages feeling like celebrities and even made the evening news!

The calendars have travelled coast to coast across Canada and to several locations in Europe. Copies were also sent to the Mayor of London, key Royal Canadian Legion members, the Minister and Deputy Minister of Veterans Affairs Canada and, the Prime Minister of Canada. ~Tichelle Schram, Coordinator, Creative Arts & Therapy ~



Daylight Savings



DID YOU KNOW ?

On July 1, 1908, Port Arthur, Ontario, became the first municipality in the world to enact Daylight Savings Time (DST). Other Canadian cities that used daylight saving time before 1918: Brandon, Winnipeg, Halifax, Hamilton, Montreal, and St. John's. (Wikipedia)

Remember to set your clock AHEAD 1 hour before you go to bed on Saturday, March 7



Remembering your Comrades

October

*Donald McHardy
Stanley Vince*

November

*Richard Carr
Henry Hunt
James Cooke*

December

*Joseph White
David Kopec
Frederick Heatherley*

We will remember them

Happy family carolers

The Christmas season is a time to give back and Janet Jardine found an amazing way to give back and Janet, along with more than 50 of her family members and friends used their voices to do just that.

The group of all ages came to Parkwood Institute dressed for the season and sang a collection of Christmas carols for the Veterans Care Program. Their songs helped us all get into the Christmas mood and warmed our hearts.

Thank you Janet and all so much for continuing to give back to all the patients and residents in our hospital.

~Cheryl Evagelinos, Therapeutic Recreation~



Christmas lights drive



On a cold snowy night, in December, Veterans from 2 Perth were taken on a bus trip to see a few London homes that were decorated for the holiday season. During our adventure, we sang our favorite Christmas Carols and enjoyed the festive homes and neighborhoods in our community.

One of the Veterans said, "this is the most beautiful thing I have seen! Look how bright the lights are!" The highlight of our evening was an impressively large light show, displayed at a home on Mountbatten Street that flashed to the tune of a radio station playing carols.

~Chelsey Roberts, Therapeutic Recreation~

Kindness Krew makes a PAWSOME donation!



The Kindness Krew is a group of Parkwood Institute Veterans who enjoy giving back to the community! Their most recent charitable initiative involved making toys and treats for the cats and dogs at the London and Middlesex Humane Society.

The Krew also raised money to buy items from the shelter's wish list, such as; blankets, food, cleaning supplies, toys, and more.

In December the Kindness Krew took their donations to the Humane Society. While there they received a tour, and had the opportunity to interact with the animals. It was definitely a mutually beneficial outing for all involved.

*~Alexis More,
Therapeutic Recreation~*



Come on caller, maker me holler ... "B I N G O!"

In early January, members from ANAF Unit 393 hosted a bingo for our Veterans in memory of one of their long time members Blanche. Blanche volunteered for more then 25 years at Parkwood Institute.

Blanche passed away suddenly in December. She was a caring, thoughtful person who was always smiling! We are grateful for Blanche and the time she spent at Parkwood Institute helping with pie days and monthly bingo's.

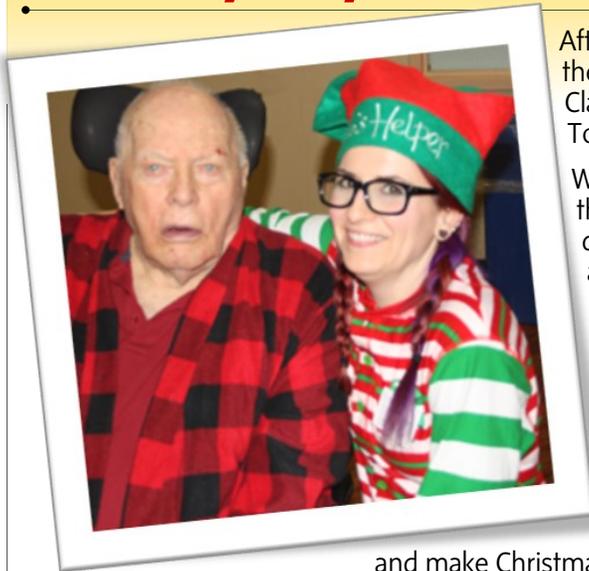


I would like to also thank all of the members from unit 393 for your continued support and dedication to the Veterans during this past year. Our Veterans really enjoy and appreciate the pie days, bingo and summer BBQ's events hosted by A.N.A.F.

~Cal Paterson, Therapeutic Recreation~



A homey cozy Christmas Eve



After a delicious Christmas Eve dinner, staff and Veterans cozied up in their favourite Christmas pajamas for a big-screen showing of, "Santa Claus is Comin' to Town!"

We sang along to the music while drinking eggnog and enjoying a delicious and traditional Yule log cake.

Thank you to all of the staff who helped support this program

and make Christmas Eve a special

one to remember!

~Alexis More, Therapeutic Recreation~



Brass Roots

Brass Roots was founded in 1986 by Professor James White and the Brass Students from Western University. Since then, they've been under the direction of Bramwell Gregson and now, the Jeff Christmas.

Part of their mission is to increase the public's knowledge and appreciation of this musical style by presenting a wide range of musical works in London and the surrounding area. The Veterans

Care Program benefitted from their talent and gifts this past November when Brass Roots hosted an honorary concert in recognition of Remembrance Day.



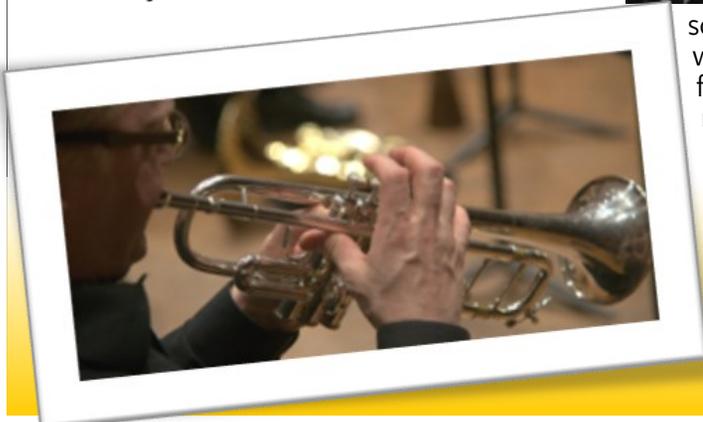
The set was entitled, "Remembrance," and focused on



some of the great war time music. This was truly a beautiful way to recognize our Veterans present and past. We look forward to working with Brass Roots and furthering our partnership with them. If there's one thing that our veterans love, it's music!

Brass Roots did a wonderful job in anchoring our Veterans in their own roots through their gift of music. Thank you to the members of the band who gave their time and talent to our Veterans.

~Marie Finkbeiner, Therapeutic Recreation~



Let's get the par-tea started!



Every Friday afternoon the female Veterans at Parkwood Institute get together for afternoon tea!

Over the past year this group has become a close-knit bunch.



The group provides them with a comfortable environment to interact and form supportive friendships with their peers.

On the Friday before Christmas, the ladies gathered for a Christmas Tea Party, complete with cranberry tea, chocolate cake, Christmas crackers, and friendship bracelets. At our New Years celebration we switched the tea for champagne and cake. We discussed our holiday traditions, reminisced, and had lots of fun with the noise makers.

We're looking forward to creating more memories with each other in 2020!

~Alexis More, Therapeutic Recreation~



HAPPY NEW YEAR

A 2-Perth Christmas Party



2 Perth celebrated the Christmas season together in their own in-home Winter Wonderland. Veterans, family, friends and staff gathered together to enjoy beautiful music provided by Jerome and Paula and festive, delicious refreshments. Santa made a surprise visit and gave each Veteran a Christmas card and gift. It was a great afternoon and a wonderful way to get the holiday season started!

~Chelsey Roberts, Therapeutic Recreation~

Festive feasts



For the 2019 Christmas season, Food and Nutrition Services served up many holiday treats and favourites. For dinner on Christmas Eve we offered a warm apple cider and finished the meal with a chocolate yule log cake or home baked shortbread cookie for dessert. On Christmas Day at breakfast, the aroma of freshly baked cinnamon rolls filled the dining rooms as staff prepared them along with fried eggs and bacon.

We had the pleasure of hosting approximately 30 guests who came in to share this festive meal with their family member for dinner in the auditorium. We offered a traditional Turkey dinner with dressing, homemade cranberry sauce, mashed potatoes, fresh green beans or glazed baby carrots and of course one of the classics for dessert with traditional Christmas Pudding & Brandy Sauce!

~Barb Adams, Food & Nutrition Services~

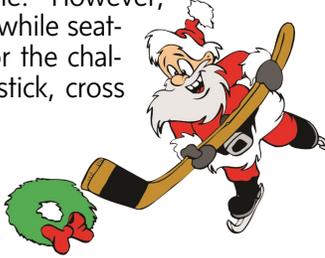
Oakridge Aeros pursue something good in - deed!

On December 3rd the Oakridge Aeros Pee Wee Minor Hockey Team came to visit the Veterans to join forces to assemble care packages for homeless Veterans in our community. The packages contained basic personal care items, socks and mitts, a notebook, pencil, and some had a deck of cards. They were assembled in useful shoestring backpacks and included inside was a homemade Christmas Card with warm wishes from the players and the Veterans.

The care packages were later delivered to London Cares representative Megan VanBoheeman to be given to those in need in our community. London Cares was thrilled to receive the gifts and looked forward to distributing them.

Once the care packages were complete, the Oakridge Aeros entertained the Veterans with a little 3 on 3 floor hockey game. However, there was a catch...the game was to be played while seated in a wheelchair. The players enthusiasm for the challenge inspired Veteran Bob Hanson to grab a stick, cross the boundary line and join the game!

As for the Oakridge Aeros pursuit of the Good Deeds Cup, we will wait to hear how they did. Regardless of the cup, the team won the hearts of our Veterans.



~Marie Finkbeiner, Therapeutic Recreation ~



Thank you ANAF



The ANAF Unit 393 came for their annual Christmas visit bringing goodie bags filled to the brim! The Veterans were delighted to see these special guests.



Greetings from afar



Every Friday, a group of resident women Veterans at Parkwood Institute meet for conversation, tea, and collaborative projects. Last month, the ladies worked together to create a beautiful collection of greeting cards using book-pressed flowers. The results were stunning and went on to be part of a very good cause.

Earlier in the month, we received a request from the Canadian Armed forces to write thoughtful greeting cards to troops and other military personnel who would be unable to spend the holiday season with their families. Our lady Veterans were very touched by this gesture and eager to contribute as they all could relate to the experience of being away from home for the holidays during their years of service.

Everyone in the ladies group wish all of our active Armed Forces good health and happiness for the year to come!

~Rachel Woolmore-Goodwin, Veterans Arts~

New Roman Catholic Priest

Fr. Etienne Nadonye has been appointed by the Diocese of London to provide Sacramental Care to St. Joseph's patients and residents. He will be available Monday to Friday from 8 – 4.

Please reach out to the Spiritual Care Practitioner in your area should you wish to connect with him or, contact Switchboard for afterhours on-call requests.



Palliative care room



thank you

The Veterans Care Program, Palliative Care Steering Committee would like to extend their appreciation and gratitude to the families of Bill and Iris Thomson and the late Daisy Herbert for the generous donation of artwork for the 3 Kent/Essex Palliative Care and Comfort room.

Thank you for your thoughtful and kind donation.

~ Becky MacIntyre, Social Work ~



Just horsing around



Just before Christmas, we took advantage of a mild day to visit Sari Stables. It was a first for all 10 veterans on the outing and was sure to be a therapeutic and very educational day.

We were all delighted to spend time learning, feeding and grooming the many horses we come across. On the bus when returning to Parkwood Institute, at 95 years of age George stated, "that is the first time in my life that I have ever touched a horse!"

Yes, that's me posing for the camera as Albert was busy grooming the horse.

~Cal Paterson,
Therapeutic Recreation~



Veterans Care Program Volunteers

What better way to bring in the New Year than with a "Cheer to our Veterans Care Volunteers!"



Inspired by the members of our Veterans Residents' Council, a volunteer appreciation event was held in January for all Veteran Care volunteers.



Over 70 volunteers attended and enjoyed the social. It was won-

derful to hear what motivates these individuals to spend their time with us at Parkwood Institute and get suggestions for improvement. Peter King, President and Arthur Stenning, Vice-President of the Veterans Residents' Council thanked the volunteers for their impact on the well-being of the Veterans.

Each volunteer was then presented with a Poppy pin, hand-crafted by the Veterans themselves. Our Veterans Care Volunteers sure do make a difference!!

~Tichelle Schram, Interim Coordinator~

Thank
you!
Volunteers

Master Chef



Master Chef continues to be a success story offering up fabulous menu's that are planned, prepared and enjoyed by a group of Veterans who come to together with Therapeutic Recreation staff and the Chef and Dietary Aide from Food & Nutrition Services.

In January, the Veterans worked together to create the "Surf and Turf" themed menu comprised of beef tenderloin, lobster tail and shrimp. The meal began with a cauliflower and cheese soup and finished with fresh berries with ice cream for dessert. If you happen to be walking by the room where the meal was being prepared, you could feel the joy and laughter resonating.

Barb Adams, Food & Nutrition Services

A Christmas to Remember

For the past 20 or so years, staff in the Veterans Care Program have come together to perform songs and skits for the Annual Veterans Care Christmas Party. While this was a time honoured tradition, this year the team decided to try something new.

On December 17, music and laughter could be heard throughout the halls. With twinkling lights, black table cloths, and gold and silver Christmas décor all around the room, it looked and felt like a ballroom from another era.



Veterans, guests and staff arrived dressed in their best, with top hats for the men, and fascinators for the ladies.

Mouth watering appetizers and desserts were served and the musical performance by Crooners Rick Kish & Connor Boa, the fabulous Croonettes left guests wanting more! Everyone in the room was very involved either by tapping their toes, singing along to favourite holiday songs, or even being serenaded on stage.



We are so fortunate in the Veterans Care program to be supported not only by our amazing team and leaders, but by the community as well. Special thanks to the generous donation made by a family from our community, you sure made this a Christmas to remember.

~Leah Taplay, Therapeutic Recreation~



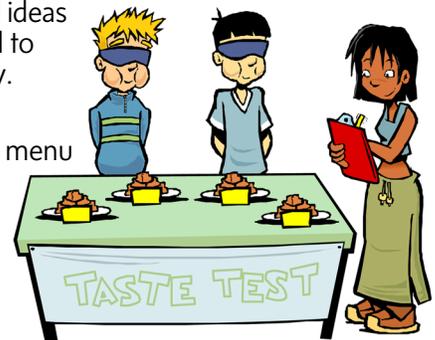
Residents' Food Council

Food Council meetings continue to lend a voice for our Veterans to bring forward ideas and comments for continued improvement. A recommendation brought forward to add one more Fried Egg day to our breakfast menu rotation took effect in January. There were many cheers around the table when we made this announcement!

Part of each meeting is spent sampling potential ideas for menu specials or future menu enhancements. Recent samples included sunflower flax bread for a few of our sandwich recipes, a new rotisserie sauce to be served with chicken, and a chocolate caramel pie.

Several of these ideas have been introduced into the menu's with great feedback. We look forward to future meetings and more sampling!

~Barb Adams – Food & Nutrition Services ~



Trooper Mark Wilson Ride

Last fall a small ceremony took place and flags of Remembrance were presented to the Trooper Mark Wilson Committee for use during the 2020 ride. Thank you to Tommy Lowther and his brother for this gift! Pictured at right are CAV members Grey Young and Derrick McClinchey. "CAV" stands for, Canadian Army Veteran, a national brotherhood of Canadian Army, Air Force and Navy Veterans who are motorcycle enthusiasts.

Funds raised at the Trooper Mark Wilson ride go to the Veterans Care Program. The event takes place on Saturday, May 9.

Visit the Parkwood Institute main lobby on February 12-14, March 11-13 and May 6-8 to meet a few CAV members and buy a ticket for a chance to win a Harley Davidson Motorcycle. The draw for the bike takes place at the Trooper Mark Wilson event on May 9.

~ Cal Paterson, Therapeutic Recreation ~



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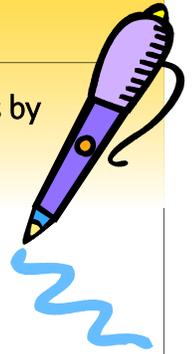


Comments?

Please feel free to send your comments by e-mail to:

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or fax at 519-685-4031, or drop off in writing to room. E2-117 in the Western Counties Wing.



Ugly sweater lunch



Veterans Care Program staff donned their "best" holiday attire for our annual Ugly Sweater Christmas lunch. There was a great turn out to this annual event that included games, a contest and lunch from Little Panda Restaurant.

Thank you to the R4 committee for organizing this great event! R4 is a group of volunteer staff that meet monthly to plan and offer staff initiatives focusing on Relationships, Respect, Resiliency and Recognition.

~Michelle Cummings, Nurse Educator~