

DONWOOD MANOR PERSONAL CARE HOME

171 DONWOOD DRIVE

VOL. 10 ISSUE 2 · SUMMER/FALL 2023

FOUNDATION UPDATE

The Donwood Manor Foundation Newsletter

This issue:

Words to Fill the Soul

PAGE 01

Spiritual Care-Personal Care Home

PAGE 02

Resident Fall Favourite
Pumpkin Smoothie

PAGE 02

Spiritual Care-Elderly Persons'
Housing

PAGE 03

Donwood- A Poem

PAGE 03

Summer Student Diaries

PAGE 04

DementiAbility

PAGE 05

Volunteer Services

PAGE 05

Soup & Pie Fundraiser

PAGE 06

Words to Fill the Soul

BY LEROY UNRUH, FOUNDATION BOARD

Over the past three years, we have had countless conversations about Covid-19 and the impact on Donwood operations. With restrictions in place, we were regrettably unable to continue with all volunteer, and group activities.

When restrictions began to lift, we were greeted with many new and returning volunteers and opportunities, including hosting our volunteer appreciation program in May, which showcased the considerable contributions made to Donwood.

This appreciation showcased many talents, from Donwood's own Auxiliary, whose meat buns were a hit in our Faspa in a Box, the Elderly Persons' Housing Tenants, who helped create the boxes for Faspa or contribute to folding linen. Our musicians filling the hallways and auditorium with music, that you can't help but tap your feet too, and a Covid screener turned bingo caller extraordinaire.

Small acts of service are one thing we can do to serve those entrusted to our care. It has been a blessing to see everyone able to contribute once again.

Spiritual Care - Personal Care Home

Sherryl Koop, Chaplain

One of the things I am so grateful for is that I, and the residents can meet each week on each of the units to hold a post-covid church service. Since we can also sit a little closer to one another, it has allowed for a sense of community to grow among the residents which is evident in what they now share in our time together. Initially, prayer requests were for their health, the health and safety of their families and occasionally a request for travelling mercies for a family or friend.

Lately the residents' prayer requests have grown to include their struggles of faith, questions as to why they remain on the earth when they would prefer to be in heaven, mental health challenges like depression, anxiety, inability to sleep well and even challenges that members of their families are dealing with – like divorce, loss of income and conflicts of various kinds. The questions they ask during the service are evidence of a deep sense of community that has grown where there is safety and space to ask hard questions.

This past week one of the residents mentioned how hard life is and that all they want to do is leave the earth and be in heaven. They asked why God would not answer their plea to leave the earth and could I please explain why God was withholding this request of theirs. This question led all of us in the service to have a good conversation about God and how, when, or if He answers our pleas and prayers.

Music is a huge component of the church services here at Donwood Manor, and we usually sing at least five songs together and if time allows, a sixth one. After the service I often hold an informal hymn singing time with any residents that would like to stay and sing some more. It is so encouraging to have many residents join in the singing not only during the service but after as well.

Last week a resident who had been bedridden for some time was able to join the service in their new and lovely wheelchair. This resident is mostly non-verbal but once we started singing they became verbal and sang along with almost every hymn in the service. After service they stayed for the informal singing time and sang as many hymns as they could. It was so incredibly encouraging and satisfying that the gift of music was one they could enjoy and allowed them to express themselves! I caught myself crying while watching them sing!

I am grateful that at Donwood Manor there is a priority on having faith community time together that allows for difficult conversations, to have a safe place, and allows residents to experience joy while singing their hearts out!

Resident Fall Favourite

Pumpkin Smoothies

Ingredients:

- 1 Cup Vanilla Pudding
- 1 Cup Pumpkin
- 2 Cups Ice Cream
- 1 Litre Milk
- 1 Tsp Cinnamon
- 1/2 Tsp Nutmeg
- 1/2 Tsp Ginger

Instructions:

Add all ingredients to a blender and blend until smooth.

Yields 8 Litres

Serves 6 - 8



Spiritual Care - Elderly Persons' Housing

Wanda Derksen, Chaplain

Thankfully a long-time challenge in the auditorium has been resolved. We now have assisted hearing devices for any tenant who needs one! These devices are being put to good use in the Donwood Manor EPH!

Every week tenants are finding how lovely it is to hear the speakers, whether during Sunday church service, in German Bible Study with chaplain Gerhard Friesen or in English Bible Study with chaplain Wanda Derksen. The devices are used for other group settings in the auditorium as well, including bi-weekly communion services and special events or programs.

The assisted hearing devices are kept charged and ready to use for any given program that is held in the auditorium. Each device has a headset and a monitor. Each tenant can set the volume to the level that they need. There are a total of 50 devices that can be used and half of them have tenants' names on them! The other monitors are available whenever needed.

The group events and services are much appreciated and well attended by those living in the Donwood Manor EPH. The weekly Bible Studies and Church services have attendance between twenty and thirty for each service and growing due to access to this technology.

We are so grateful for the Donwood Foundation's support in enhancing the life of those entrusted to our care.



Ike Doerksen (as seen in the photo) is one tenant who appreciates how much better he can hear all that he attends in the auditorium in Donwood!

DONWOOD

Written by Jake Bergen

Donwood Manor is where I live
We moved here in two-thousand sixteen
It's about the nicest senior home
That we have ever seen

Donwood has two sections
Elderly Persons and Personal Care division
They are connected by an indoor hallway
Which was a wonderful vision

The meals are tasty, the service is good
Friendly staff meet needs as they should
The cleaning crew does its weekly task
And if we have trouble we are free to ask

I recommend Donwood to seniors in need
Of residence with comfort and ease
Of course there are restrictions but
Within limits you can live as you please





Summer Student Diaries

Codee Tyler

The summer months of 2023 have been a blast. As the Elderly Persons’ Housing Administrative Support, a lot of my time was spent at the white desk. This enabled me to meet and greet all the friendly faces that live at and visit Donwood.

As the first few weeks went by, I was able to learn the names and faces of my frequent visitors, some tenants would even come down just to say “Hi”. It didn’t take long before news of my presence at the desk spread through the building, whispers of “The young gentleman with the bright smile” could be heard through the dinning room and in the halls.

By time the first month had passed I was a crucial person at the White Desk; always present each weekday and available to answer questions regarding upcoming events or helping with simple tasks. As the tenants got more and more used to me, they would come ask for my assistance with their electronic devices. A few times I would even have a meeting scheduled to come and sort out issues regarding computer systems, TVs, and even air conditioning units as the weather warmed up.

I always loved helping as it usually led to interesting conversations dispensing the infinite wisdom of those who have experienced so much of life. When I wasn’t helping someone directly or sitting behind the desk, I would join the tenants in their weekly schedule of recreation activities.

I was quickly taught how to call out numbers for BINGO and learned that many of our tenants had quite the competitive side to them. All in all, I very much enjoyed my time here at Donwood Elderly Persons’ Housing. I made a lot of friends and learned enough to last me a lifetime. Thank you, Donwood, for giving me such a fulfilling summer.



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Volunteer Services

Volunteers are an essential component of the services offered to the residents at Donwood Manor Personal Care Home. Donwood Manor depends on volunteers in many aspects of its service delivery. While professional staff members give specialized help, it is the volunteers who can provide additional enrichment to the day-to-day life of our residents.

Commitments vary. Some volunteer opportunities are flexible, while others require a more structured and regular time commitment.

Volunteers can provide a variety of services such as friendly visiting, accompanying residents on outings or doctor's appointments, assisting staff in the delivery of larger recreational programs, and providing residents with assistance at meal times.

Please contact Jennifer Kappy, Volunteer Resources Manager at jkappy@donwoodmanor.org or call 204-668-4410 ext. 238 if interested in volunteer opportunities at Donwood Manor!

DementiAbility

Jacqueline Fontaine- Chief Nursing Officer

Donwood Manor's journey to be a DementiAbility Home continues. Despite a pause due to a COVID outbreak and summer staffing challenges our team continues to prepare to become a DementiAbility Home.

This model of care is driven by three pivotal concepts; a prepared environment; the focus on the person; and the organization and the team work together. Ultimately, the goal is to create an environment where people want to live, work, and visit.

Since we began to study and implement this model, we have transformed 3 tub rooms into, "Spa Rooms." Our team is anxiously awaiting to transform the other 3 tub rooms into relaxing spas in the upcoming months. Our dining rooms are next on our list to renovate with new furniture, paint, and décor!

Currently, reading groups and DementiAbility assessment tools are being utilized to enrich our understanding and thereby improving the residents' quality of life.

There is excitement about the second phase of our journey to become a DementiAbility Home. In October 4 staff will begin their work to become certified in the DementiAbility philosophy and tools. In addition, 1 staff member will become an instructor for DementiAbility. This achievement will assist us in educating more staff to further promote the DementiAbility methods through our care home.

As we journey and glean new learnings, one goal is to try various new activities and approaches. One upcoming activity is the "Dog Costume Parade," taking place on October 26th. Family/friends and staff are invited to dress up their favorite pooch and join our parade; for more information, please contact amacdonald@donwoodmanor.org.

Our team would like to thank our families/friends for their support as we proceed to increase the breadth and depth of our knowledge of dementia care. This knowledge will ultimately enrich your loved one's life journey at Donwood Manor.



DONWOOD MANOR AUXILIARY
PRESENTS
SOUP & PIE
FUNDRAISER
ALL WELCOME

DATE: FRIDAY, OCTOBER 20, 2023

TIME: 11:00 AM TO 2:00 PM

LOCATION: DONWOOD ELDERLY PERSONS HOUSING
165 DONWOOD DRIVE
AUDITORIUM

TO BOOK YOUR SEAT PLEASE CALL 204-668-4410
OR EMAIL RECEPTIONIST@DONWOODMANOR.ORG

PAYMENT TO BE MADE AT TIME OF BOOKING.
ALL MAJOR CREDIT CARDS ACCEPTED.

MINIMUM PURCHASE \$15 PER PERSON, WITH AN
OPPORTUNITY TO MAKE AN ADDITIONAL DONATION

FUNDS RAISED SUPPORT THE AUXILIARY AND
RECREATION DEPARTMENT PROJECTS

