

## Let's talk CARE

### A Community Presence

“Community” is one of those words that stretches to include many things. People talk about getting involved in their neighbourhood community, or participating competitively in the world community. Even our own family household represents a community on a small scale. All are tightly intertwined.

Extendicare nursing homes are no different. In fact, the degree of participation that residents, family members and staff commit to their own and to outside communities often surprises people when they find out what's going on behind the scenes.

For example, you may be surprised to know that:

- Residents, family, staff and volunteers often take part in fundraising activities for associations such as the Cancer Society, Heart and Stroke Foundation and the Alzheimer's Society...
- Food for Meals-on-Wheels Services is prepared in many of our kitchens...
- University or college students who are training in a variety of disciplines (such as nursing, recreation, social work, dietary services, etc.) work in our facilities to learn and develop their skills...
- Our residents often volunteer to serve as executives on our Residents' Councils, as a Welcoming Committee member, or as a tuck shop assistant...
- Many of our homes participate in such things as “Adopt a Grandparent,” “Moms and Tots” and reading programs, all of which enrich lives by encouraging contact between the children of today and the children of yesterday...
- Residents and staff sometimes join forces to raise funds that sponsor families in third world countries, a foster child or foster families, and other under-privileged people...
- Residents and volunteers have worked closely to form telephone assurance programs, which involves keeping in regular contact with elderly or lonely people who live in isolation...
- Many of our homes participate in Futures Programs whereby people are sponsored by the government, community colleges and the YMCA to work for awhile in a nursing home to decide first-hand if it's a career they'd like to pursue...
- Residents, staff and volunteers often combine seniors' week activities with Canada Fitweek, and between fundraising and participating, they are busy promoting healthy living...

Being part of a community, big or small, has its privileges and its obligations. Many of the social systems that are most important to us, tick along because of people's keen and compassionate interest in making a better life for other people in the communities around them. And why not? Research show that this kind of

activity can be directly linked to improved satisfaction with life, and a strong sense of well being...or in other words, a well-rounded and contented community of one!

If you have any questions, or would like to be more involved in the community of an Extendicare home, please contact the Administrator or Activity Director.

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