



# Newsletter

Summer 2016

## ISLAND HOPPING



"Shannon Oaks Vancouver's Camp Week 2016 was "Island Hopping". There were 24 "themed" events and activities over the 4 days and the participation was amazing. Over 83 % of our Residents participated in our Camp Week with some of the Residents coming to every event and activity that we had to offer.

We created educational sessions, fun games, fitness sessions, entertainment and amazing food from the various islands. We were so impressed that so many of our new Residents got so involved. Many new friendships were formed during this week as we laughed and shared special moments together.

From a scientist doing ice experiments for Iceland, to Flamenco Dancers from the islands off Spain to a very energetic balloon badminton tournament, this will be a week to remember."

• Sharon Ginter | Activity Manager | Shannon Oaks & Clarendon Court

## BH TEAM UPDATES

Our Baptist Housing Annual Report was released this summer! From 1.2 million meals served to 1,505 bus trip outings it has been another busy and rewarding year of ministry. This past year we decided to have some fun and add up all our numbers. When we look at all the ways we serve and care during the year, our numbers tell a great story:

- 25 Residents over 100
- 597 Student Volunteers
- 901 Bible Studies
- 29,197 Resident Activities
- 12,000 T carbon footprint reduction!

To access the full report please visit us online: [baptisthousing.org](http://baptisthousing.org)

## UPCOMING EVENTS

### 55 Plus BC Games

SEP 20-24, 2016

Coquitlam, BC

The 55+ BC Games is an annual multi sport event produced by the BC Seniors Games Society for 55+ population of BC to participate in 20 to 29 individual Sports. Join as a participant or cheer on athletes! For more information please visit online: [55plusgames.ca](http://55plusgames.ca)



## PHOTOBOOTH

Glen spreads joy with his precious dog Blossom at The Heights Mt View.



Celebrating 72 years of marriage in Shannon Oaks Oak Bay!



Candlelight dinner at Village Smith Creek.



Our Maintenance Team replacing cooling units on Village at Smith Creek's roof with a chopper!



## HIGH HONOURS FOR MAINTENANCE



On May 31, 2016 our Baptist Housing Team was honoured to receive a 2016 FORTIS Efficiency in Action Award for a large commercial project. The Team headed by Eric Klein, Dayle Krahn and Sean Bremner replaced older boilers with new high-efficiency ones at four Baptist Housing Residences through the Efficient Boiler Program. They also upgraded controls to optimize comfort for our Residents and save an estimated 4,250 GJ annually! The Team is now planning LED lighting replacements.

## FIT FOR ACTION



Baptist Housing Residents stay fit in a variety of ways across British Columbia. Community events are a great way to try out new neighbourhoods and new company. Baptist Housing Residents recently participated in Walk-A-Block event during Seniors Week. Field trips are also a fun way to spend time with close friends and enjoy the outdoors. Oak Bay Residents recently enjoyed a stroll at Willows beach. And for other Baptist Housing Residents, like Josef, hitting the gym with a regular routine is the only way to go.

## PASSION FOR ELEGANCE

Baptist Housing Residents share many hobbies to keep creative and active. Hobbies are fun but can also lower risk for developing some health problems, including dementia. Our very own Claudia Ford shared her special collection of ladies accessories with Marrison Village Residents in Shannon Oaks Oak Bay. Do you have a collection that inspires? Send us a photo to share!





## A GOLDEN MOMENT FOR SHARON



On June 7th Mrs. Sharon Foster was awarded a Golden Star award and a \$1500 grant for her role in facilitating a 22-year intergenerational program in collaboration with Shannon Lake Elementary and Village at Smith Creek!

“Mrs. Sharon Foster has been taking her students to the “Village at Smith Creek” to visit with the senior residents since 1994.

Five years ago she developed an “Intergenerational program” called “Adopt-a-Grandparent” involving her grade 2/3 class and the elderly at the Village. The children worked in pairs and visited the same grandparent with a different activity each month. Learning and socializing go hand in hand through reading, playing cards, board games, working puzzles, domino games, card games and childhood games like marbles and jacks.

Each year there is a “trick or treat” at Halloween; special gifts at Christmas and Valentines. Through these activities the students develop communication, listening skills, and the ability to show empathy, kindness, respect and the understanding of others. Pictures are taken to document the activities.

The program ends in June with a scrapbook of photos, stories, and the interaction of the student’s activities with their “grandparent” throughout the year. Monthly artwork and projects are regularly displayed in the hallways at the Village. The program has also been featured in the local newspapers and the residence news bulletin.

The prize money awarded by British Columbia Retired Teachers Association will be used to develop future “intergenerational” projects. Funds would be allocated to bus transportation for visits by teacher and students; also art, gardening, crafts and other supplies for the program.”

●BCRTA Award News

## RECIPE CORNER

### Rice Paper Rolls

A quick and healthy vietnamese snack. Rice paper rounds are available at most-supermarkets.

### Ingredients for a Single Serving:

- 3 Rice Paper Rounds
- 80-100 g of cooked chicken or cooked prawns
- 1/2 cup of Shredded lettuce
- 1/2 cup grated vegetables (e.g. carrot, cucumber)
- 1/4 cup Coriander Leaves (Optional)
- Finish with Sweet Chilli Sauce, Soy Sauce or Dipping Sauce

### Method

- Assemble all ingredients.
- Pour enough hot water into a bowl large enough to dip your rice paper rounds into.
- Working one at a time, dip rice paper round into the hot water for about a minute or until the rice paper is soft. Do this fairly quickly because the rice paper will start to get stickier as it sits.
- Carefully lay rice paper round onto a chopping board.
- Arrange chicken or prawns (3 per roll), vegetables, and coriander in the centre of the rice paper ensuring not to overfill it.
- To roll, pull the edge closest to you over the ingredients, pull in the sides, and roll completely. Serve with your favourite dipping sauce.

Recipe courtesy of [Seniorchef.co.nz](http://Seniorchef.co.nz)

## BAPTIST HOUSING JOINS THE BUTTERFLY EFFECT



Hundreds of Monarch butterflies were released on Sunday July 17, 2016 in Kelowna to honour lost loved ones. This was the Fourth Butterfly Effect event held by the Central Okanagan Hospice Foundation and hosted by the Vibrant Vine Vineyard.

Families in Kelowna purchased a monarch butterfly in the name of a cherished relative and gathered to release 500 monarch butterflies at 11.30 am on Sunday morning. Darlene and Joe were among the participants; they had both lost their spouses and attended the event on behalf of Baptist Housing.

This was Baptist Housing's first year to be a sponsor of the Butterfly Effect and our Team was impressed by the community turn-out and the gorgeous setting. All funds collected support Central Okanagan Hospice Foundation. The Foundation provides care for those who are terminally ill, along with their families, through counselling and other resources.

The Butterfly Effect will be back next year. Baptist Housing Team Members, Residents and family are welcome to honour a loved one or simply support a meaningful community tradition that imparts healing and hope.

"Butterflies released from each envelope emerged and some would stay resting on the heads and hearts of people before fluttering away, almost to show that although our loved ones have physically left, they are always with us." • Alex Soloducha | Kelowna Now

## DATE NIGHT

"Like many of us, Lou and Katherine enjoy date nights. It's wonderful to spend time with the person we love over dinner and good conversation. For Lou and Katherine, date night happens every Friday night on the Carr Community at The Heights at Mt. View. That's where Katherine lives. And so every Friday night, Lou orders his meal to enjoy with Katherine. Lou gives compliments to the chef - the meals are "superlative" to him. I'm sure the company makes all the difference as well. Dinner always tastes better in the presence of the one you love... I am inspired!"

• Marc Kinna | VP of Operations



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### Volunteering & Employment

[baptisthousing.org/join-our-team](http://baptisthousing.org/join-our-team)

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