

LEGACY GIVING

Would you like to see the work of Columbus Residence kept responsive and vital for generations to come?

You can make this happen through a *legacy gift*. Whether it's an immediate gift from your assets, or a future gift through your Will and Estate, legacy gifts can be general or support these critical programs for years to come.

A legacy gift will also have positive financial implications for you. Your estate can use the charitable donation receipt for the full amount of your gift to create a tax credit. This could result in a sizeable income tax refund to your estate.

To learn more about *Legacy Giving* please contact:

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BOARD OF DIRECTORS & SOCIETY

Board of Directors for 2017/2018
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Directors:

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Richard Da Costa Bob Lewko
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Columbus Long Term Care Society is governed by a group of volunteers dedicated to ensuring that Columbus Residence continues to be a home where seniors may live with dignity and respect.

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Support Columbus Residence



Columbus Residence is a faith-based residence providing holistic health care to seniors.

Our care fosters a sense of community shaped by our beliefs and values, by the people in our community, and by our homelike surroundings.

VISION

To be a home alive with hope, joy, meaning and motivation; entrusted to provide compassionate quality care to the community we serve.

OUR NEEDS

As we strive to meet the diverse, complex and increasing needs of our residents, while preserving our high standard of holistic care we must:

- Maintain our Pastoral Care and Music Therapy programs which help to restore meaning and a sense of well-being to the seniors we serve.
- Maintain our Physio/Occupational Therapy Services, at 4 hours per week, which are acquired through a private company. The services and programs have influenced our residents' overall performance with improvements in strength, balance, function, and transfer capability.

PASTORAL CARE

We believe that spirituality can be a source of strength for residents, and add hope, meaning and motivation to their lives, especially in the ongoing transitions experienced in the aging process. Residents who do not have spiritual beliefs often benefit from emotional support.

In an effort to meet the growing demand for pastoral visiting and services and to strengthen our commitment to provide spiritual, sacramental, emotional, palliative, and bereavement support we hope to maintain this critical program seven days per week.

PHYSIO/OT SERVICES

The services include comprehensive physio-therapy assessments. The individualized programs address the resident's unique challenges and needs, and are designed to restore or maintain the resident's quality of life, independence and overall functional status.

"I have had the privilege of working with one of the residents over the past few months. She has an exercise program to challenge her balance including single leg standing, walking forwards heel to toe, sideways and backwards, mini squats, and wall push-ups for arm strengthening. Her walking tolerance has increased and she has maintained her functional abilities to allow her to participate in care and minimize the need for hands-on assistance. This has not only a

physical benefit but a psychological one as well. Her family are grateful for the social stimulation of our sessions."
Philip, Rehab Assistant



PT, Allison and Zoe using walking bars

MUSIC THERAPY



Music Therapist Lyndia and Resident, Bill perform together

Music Therapy involves the thoughtful and informed use of music as a tool in addressing each individual's physical, emotional, cognitive, social and spiritual needs. The varied programs stimulate the senses, evoke feelings and emotions and cause physiological and mental responses. Playing a musical instrument, listening to or singing a melody relaxes the muscles, brings oxygen into the body and lifts the spirits!

Our goal is to maintain this important program at 16 hours per week in order to provide more individual and small group support.