



From left: Marvic Pascual, Vannie Dinh, Flora Simon and Nisha DeSilva

Well done!

For years some of the brightest spots in daily life at Nisbet have been these four students who work part-time at Nisbet Lodge. Flora Simon has been working at Nisbet since she entered Grade 9 almost 12 years ago. Vannie Dinh has been at Nisbet for two and a half years, and Marvic Pascual has worked here for a year. All three are nursing students at Ryerson University. The trio will complete their studies in April and write their nursing exams in June.

All three hope to find hospital jobs, because, as Flora explained, "when we're starting out we really want to expand our professional experience and skills."

Nisha DeSilva has worked at Nisbet for four years and is completing her psychology degree at McMaster University. She plans to do graduate studies and hopes to focus on brain function, including studying Parkinson's Disease.

Marvic commented that working with staff at Nisbet has taught them the importance of teamwork and what it means to be professional. For Vannie, her long service means she's deeply connected to staff and residents: "I think of them like I would my own grandparents." Nisha, meanwhile, said she's learned that "the aging process isn't easy for anyone."

We celebrate their success as students, and thank them for their great service to Nisbet Lodge and our residents. They've set a high standard for whoever follows them.

Toronto East General comes to Nisbet

Few things are as distressing or draining for our residents and their families as suddenly being transported to hospital by ambulance. So we're excited that a new program delivers more care in Nisbet Lodge and eliminates some ambulance transfers, through

the new Geriatric Outreach Team from Toronto East General Hospital.

"We make house calls to long-term care homes" said Josephine Man, Advanced Practice Nurse, and Project Lead of the program, funded by the

Toronto Central Local Health Network (LINH). She and her two colleagues work in 13 homes in Toronto, seeing residents that staff identify as needing extra attention and care.

"We try to manage in the home to avoid unnecessary trips to emergency," said Ms. Man. "A lot of the time we can treat the patient without sending them to hospital."

The team deals with feeding tubes, pain management, IV drug therapy,

hydration, wound care and respiratory care. Besides their scheduled Thursday visits to Nisbet Lodge, the team is on call from 9 am – 7 pm Monday to Friday and come to Nisbet for any urgent situations.

"There are a lot of resources in the hospital and we consult with the staff there," said Ms. Man, including physicians, the pain management team, and their fellow specialists in geriatric care. They also connect to Nisbet's doctor, and pass on their knowledge to Nisbet staff.

Not every trip to the hospital can or should be avoided: often it's the best or even the only option. But, Ms. Man reports, they've had enough of an impact that the funding for the project was renewed for 2011. So we can look forward to their weekly visits, and seeing our residents receive even better care without leaving home.



Shown here at a nursing station, Nisbet Lodge (from the left): Mirna Romero, Resident Care Manager at Nisbet Lodge, with Nicole Apparicio, Emergency Mobile Nurse, and Josephine Man, Team Leader for Geriatric Outreach Team from Toronto East General Hospital





Save these Dates!

Mother's Day Walkathon

Join us on Saturday, May 7 at 9 a.m. for a five km walk through the neighbourhood (one km for residents). This is a great way to socialize, get some exercise and raise money for a good cause. You can help out by walking, sponsoring a walker, or volunteering during the day of the walk. Companies can get involved by acting as sponsor. All corporate sponsors are recognized in the day's program and in the local newspaper.

Joint Charity Golf Tournament

Nisbet Lodge along with three other homes: the Wexford Residence, Mariann Home and Valleyview Residence host a golf tournament at the Remington Parkview Golf and Country Club. It is a fun day with a best-ball format and a shotgun start. All golfers tee off together at 8:30 a.m. and after a delicious lunch are on their way by 4:30pm. Get involved by golfing, sponsoring a hole or donating a silent auction prize.

Wednesday June 22, 2011
Remington Parkview Golf & Country Club
Foursome: \$720
Individual golfer: \$180
Tournament Sponsor: Achieva Health

For either the Walk or the Golf Tournament, get more information or sign up by calling Gwen Ramsay at 416-469-1105 x 1187, or by email to: foundation@nisbetlodge.com



See the future of seniors' care Digging into these documents in revealing

Did you know that more than 25,000 people are on waiting lists for long-term care in Ontario?

Should planning and services for seniors should be consolidated within a provincial cabinet committee?

Do not-for-profit homes provide better care that for-profit homes?

These and other important questions are debated in three new, significant documents.

Two are deliberately timed to inform us before the Ontario provincial election in October and a possible federal election later. The Ontario Association of Non-Profit Homes and Services for Seniors (OANHSS), of which we are a member, has produced

'Making Seniors a Priority,' addressing provincial realities, and "Making Seniors a National Priority,' focused on the federal arena. Both can be found at www.oanhss.org.

Meanwhile, because in Canada long-term care is provided by a mix of government run, non-profit charitable organizations like Nisbet and for-profit companies, a new research paper is provoking debate.

'Residential Long-Term Care for Canadian Seniors: Nonprofit, for-Profit or Does It Matter?' studies Canadian and US research on the quality of care by type of ownership, highly relevant as provinces including Ontario increasingly contract out long-term care to for-profit companies.

Review the report (www.irpp.org/pubs/IRPPstudy/2011/IRPP_Study_no1.pdf) and you'll see why it will be strongly debated.

To me, what's more crucial than who "owns" the building or the "for-profit" or "not-for-profit" status of the organization is that all staff share a strong sense of mission. Certainly that is one of the keys to providing high-quality care here at Nisbet Lodge. In the end, it's skilled people who feel responsible for the welfare of those they care for that make the difference.

— Glen Moorhouse, Chief Executive Officer



Glen Moorhouse

Will you be my Valentine?

On February 14 the Activation Team ran its first annual "Valentine Cookie Gram" fundraiser. It was a fun and special way for residents, family and staff to share their love and appreciation. Participants had an enjoyable time writing Valentine wishes, which were then sent, along with two dedicated cookies, to their chosen Valentine – a surprise and special treat for those who received them. The event raised \$200 for the Residents Council, and celebrated Valentine's with heart-felt love and affection.



Our People at Home

Dr. Herbert Lee

“Would you like an adjustment?”

No one who knows Dr. Herb Lee is surprised by that question – he was still making the offer during his 100th birthday party in November!

A leading figure in chiropractic for more than a half century, Dr. Lee was also constantly involved in his community. In January he made the move to Nisbet Lodge, conveniently close to his daughter Lynda Barnett.

Born in Peterborough, Dr. Lee studied accountancy, working in Peterborough and then for Manufacturer’s Life Insurance Company in Toronto. He also earned certification with the Toronto Insurance Institute. But in 1925, he developed a cardiac arrhythmia, which his family doctor was unable to correct.

He did get help, however, from Dr. Herbert Hill, DC, who urged his patient to consider chiropractic as a career. Eventually, in 1937, the future Dr. Lee enrolled in a four-year program in the National College of Chiropractic in Chicago.

Upon graduation he returned to Toronto, first working in another doctors’ practice, performing adjustments for 50 to 60 people a day. In 1941 he opened his own practice, paying \$45 a month rent for 800 square feet on the second floor of the Royal Bank building at 2 Bloor Street East – a great vantage point from which his young daughters could watch the Santa Claus parade. He later moved offices to Church Street and then to Yorkville.

In 1942 he married Margaret Daniel, whom he met on a blind date. They were married 48 years when Margaret died in 1990. Together they had two daughters. Dr. Lee has three grandchildren and four great grandchildren.

Professionally he made his biggest mark as one of the founders, in

1945, of the Canadian Memorial Chiropractic College (CMCC) – and as a faculty member for more than 50 years!

Thousands of doctors of chiropractic learned from Dr. Lee. In a profile of Dr. Lee in 2007, the *Canadian Chiropractor* magazine labelled him “A Living Treasure.” In recent years, Dr. Lee gave many lectures on health and fitness to seniors’ groups, and consulted to the chiropractic college.

Dr. Lee was highly involved in political, community and



Dr. Herbert Lee: “Kodak is his middle name” stated the yearbook for the National College of Chiropractic in Chicago because of Herb Lee’s enthusiasm for photography.

neighbourhood activities in Leaside, where the Lee family lived. A Mason and a Shriner, he held many offices over several decades in St. Cuthbert’s Anglican Church. Dr. Lee is also passionate about photography, and the family cottage handed down from his grandparents.

His 100th birthday was a crowded affair, as Dr. Lee continues to command the respect of his family, students, colleagues, friends and neighbours – and to offer them that adjustment.



See the land, her Easter keeping,

Rises as her Maker rose.

Seeds, so long in darkness sleeping,

Burst at last from winter snows.

Earth with heaven above rejoices.

~ Charles Kingsley



At the donor recognition event Dr. Bruce Smith, Chaplain, King-Bay Chaplaincy and Upper Canada College spoke on "Radical Generosity."

Achieva Health honoured by Foundation

At a donor recognition night held March 3, the Nisbet Lodge and McClintock Manor Foundation recognized Achieva Health as Nisbet Corporate Sponsor of the Year.

Achieva Health has 22 years experience in rehabilitation services, and more than 400 clinical and support staff. Among their clients are more than 200 long-term care and retirement residences, including Nisbet Lodge.

Executive Director Glen Moorhouse noted that Achieva not only provides excellent physiotherapy service, the

company also provides free training for staff. Achieva is the lead sponsor of the joint charity golf tournament benefiting Nisbet Lodge and three other long-term care homes.

Glen singled out Toula Reppas, founder and CEO of Achieva, for particular gratitude. "She is one of those people who believes in giving back. We can always count on her for support whatever the project is."

Toula later commented that her commitment to philanthropy was modelled first by her parents, who passed on their Christian values, including "giving back to the community . . . that was very important in our house."

For Toula, care for the elderly is a personal commitment. After graduating in 1988, she took a job as a physiotherapist with City of Toronto Municipal Homes and discovered that "I loved working with seniors . . . providing therapy for the elderly felt like a calling to me." A year later she started Achieva Health. Today, while she is proud of what the company has accomplished "I'm most proud of the quality of physiotherapy care our people provide."

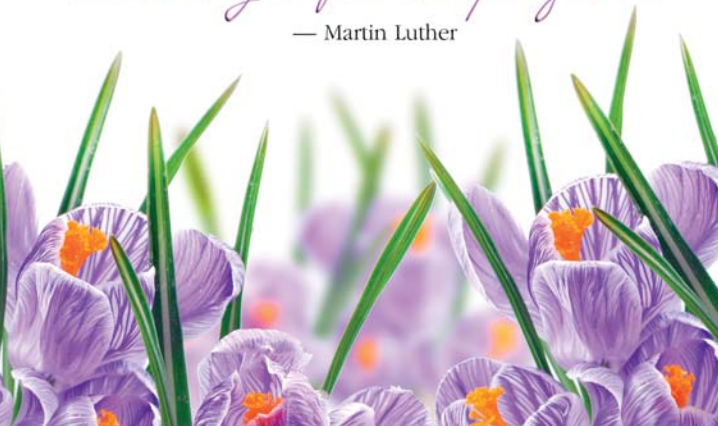
Though Achieva Health is the lead sponsor of the joint golf tournament, Toula said she is not a great golfer. With three daughters and a growing business to run, she doesn't often have the four or five hours required to play. Still, she said, she enjoys the game and the tournament. And by sponsoring events, and through other donations, Achieva is simply acting out what she learned as a child about being part of a community.



Glen Moorhouse presents Toula Reppas with the Nisbet Corporate Sponsor of the Year award.

*Our Lord has written the promise
of the resurrection,
not in books alone,
but in every leaf in the spring-time.*

— Martin Luther



If you'd like to receive this newsletter by e-mail please call Barbara Snell at 416-469-1105, ext. 1122.



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