



McClintock show-goers in front of the Toronto Police Services bus that whisked them downtown.

McClintock Tenants Rock to the Music of Jersey Boys

After presenting a safety demonstration at McClintock Manor, community relations officers from the Toronto Police surprised the tenants: they invited them to the musical *Jersey Boys*.

The police provided a bus for a group of McClintock tenants and people from another home, and made arrangements for tickets at the greatly-reduced price of \$25. The officers also sat with their guests for the show, adding to the fun, since, as one of those who attended said "They were good looking guys, too."

And the reviews were very good.

"Everyone there was our age," said Ruth. "It was all our kind of music."

Evelyn was impressed with the performers: "The lead singer – what a voice!"

Thelma noted that "it was all good . . . the story was good . . . it had humour."

"And even a few cuss words!" Isabel chimed in with a laugh.

Ruth confessed that along with some other enthusiastic audience members "I got up and bounced a little." Molly, meanwhile, fondly recalled hearing Frankie Valli, the singer on whose life the show is based, at a performance in New York City before she was married.

Mary summed up: "It was nice to get out with a group of friends at a reasonable price."



Evelyn, Isabelle, Thelma, Ruth, Mary and Molly

provision is made that people living in continuums of care receive preference for the long-term care home on their own campus. Yet there are many positive features. Nisbet staff remains committed, both to implementing the regulations, and making Nisbet an exceptional home – by any definition.

Nisbet already acting on new Long-Term Care Homes Act

A simple reading of the province's new *Long-Term Care Homes Act* that took effect in July makes it clear that Nisbet Lodge has been living by the spirit of the law for decades.

In the legislation, the government defines a long-term care home as "primarily the home of its residents . . . operated so that it is a place where they live with dignity in security, safety and comfort and have their physical, psychological, social, spiritual and cultural needs met."

That's a pretty good description of Nisbet. Yet we're not complacent: before Labour Day staff had already implemented many changes to conform to the 355 regulations included in the Act. The complete Act can be found on the website of the Ministry of Health and Long-Term Care. Here are some highlights.

- ❖ The Resident's Bill of Rights has been expanded;
- ❖ Alterations, renovation or additions that may significantly inconvenience residents must be pre-approved;
- ❖ Criminal reference checks must be conducted for all staff and volunteers;
- ❖ Medical leaves have been extended from 21 to 30 days;
- ❖ Increased qualifications are required for staff.

The Ministry has provided additional funding for some aspects of implementation. For the items covered, the increase was more than expected

and is certainly appreciated. However, no funding is provided for some large-ticket items such as upgrades to generators and nurse call systems. The Ontario Association of Non-Profit Homes and Services for Seniors is continuing to lobby on behalf of its members, including Nisbet Lodge.

The *Long-Term Care Homes Act* is not all that we hoped for. For example, no

You're invited to "A Little Light Music" with the Peel Choral Society. See back page for details.

Property redevelopment presents unique challenges



Barbara Snell and Ladybug clown around in front of Nisbet Lodge during Taste of the Danforth

Council seizes opportunities

When tens of thousands of people crowd the neighbourhood for Taste of the Danforth, several Nisbet Lodge residents enjoy a front-yard lunch and front-row seats for the passing throng.

But the Nisbet Family Council sees a business opportunity: they hold a yard sale in front of McClintock Manor, raising hundreds of dollars.

Upcoming Family Council activities include the fall social in early October, and distribution of Christmas cards and gifts to residents. The Council also advocates for residents, and promotes events aimed at equipping family members to better master the challenges of caring for elderly relatives.

"We support each other" said Council Chair, Nancy Bates. "And we look for ways to make things better for residents. If there's a need we try to fill in." Anyone with family in Nisbet Lodge is encouraged to join the monthly gathering of the Council, usually held the first Tuesday of the month at 6:30 pm at Nisbet Lodge. Call 416-469-1105 for details.



When it's time to redevelop our properties so that residents continue to get the care they deserve, homes in urban Toronto – including Nisbet Lodge - face challenges other homes do not: we are land-locked, with little or no adjacent land available; purchasing land in the neighbourhood is extremely costly, and homes must have a certain number of beds – more than Nisbet now has – to operate efficiently.

For many homes, redevelopment is required by the Toronto Central Local Health Integration Network and is becoming urgent. In the spring, local health planning authorities surveyed Toronto homes. Of the 16 that responded, 13 plan to redevelop in the next 10 years. The same number would consider opportunities for partnering and co-locating. Nine have already started planning.

Here at Nisbet, we've been through a period of intense study with our founders and partner, Calvary Church, led by the joint Capital Redevelopment Committee.

The committee spent the last year evaluating the feasibility of redeveloping both the church and Nisbet Lodge on our current site. With financial support from the Nisbet Lodge Foundation we were able to get professional input from a professional planner, an architect, a cost consultant, a lawyer and a gerontologist.

Three factors guide us forward. First, the committee concluded that redeveloping both Nisbet Lodge and the church on this site is not financially viable. Second, the Nisbet Lodge Board formally reaffirmed its commitment to long-term care, and so will consider all options. Third, the government's ten-year window for redevelopment is enough time, but the clock is ticking.

The Board has started discussions with other homes in a similar predicament. Nisbet Lodge and Better Living Health at Thompson House recently co-hosted a group meeting to discuss challenges and opportunities. Several already-redeveloped homes shared lessons from their projects.

The message that emerged is clear: we need assistance from government to sort out these challenges. Those already redeveloped also say we must consider partnerships and think outside the box. Stay tuned! It promises to be quite a journey.

- Glen Moorhouse, Executive Director



Glen Moorhouse

A SUMMER OF IMPROVEMENTS!

This summer saw the completion of several notable property improvements. Left, Ruby Thomson and son, Frank Thomson take advantage of the new and much-appreciated entrance ramp to Nisbet Lodge. In the meantime, in August the complicated renovation to the underground parking and entrance was successfully completed. Meanwhile, McClintock Manor tenants are enjoying both the new lounge and new laundry room.

Our People at Home

Dora Herfindahl

If you want to know the score, ask Dora Herfindahl. Dora's an enthusiastic fan of hockey and baseball, as well as horse and car racing. And she's a life-long fan of wrestling, regularly attending matches at Maple Leaf Gardens and in Guelph and Hamilton.

Dora was born in Saskatchewan in 1923, and remembers how hard she, her parents and six siblings worked to survive the Great Depression on two different Saskatchewan farms. The oldest daughter, Dora often had to interrupt her education so she could shoulder some of the chores at home.

"It was a true dust bowl," she said, describing the drought that ravaged crops and incomes. "But we never went hungry – we always had a garden and my father was able to keep a few animals."

In 1948 the family moved to a new farm in Manitoba. Soon afterward, Dora followed her sister east, travelling by bus to Toronto in 1952, lugging all her possessions and armed with two years' experience working in a drugstore.

Within days, she was hired at a pharmacy on Kingston Road, and later, at the Percy Lyons Pharmacy at Logan and Danforth. Then she found her permanent working home, at the Hurst Pharmacy on Donlands Avenue, where Dora was on staff from 1960 to 2002.

Dora forged strong ties with the owners, customers, and staff, including the local boys who did deliveries. Her most famous charge was the

neighbourhood lad, John Candy, who went on to become one of Canada's most famous actors.

Dora used her holidays to travel to a long list of countries, ranging from her parents' native Norway, to the British Isles, to Europe, Greece, Israel, Hawaii and "all over the United States and Canada . . . My only regret is that I didn't get to Alaska."

When not travelling, she enjoyed ceramics, crocheting and knitting at her apartment on Gamble Avenue. Once she knit 30 outfits for premature babies, recognized by a certificate of "Guardian Angel Wings."

Dora also loved to go out to dance. Saturday nights at the Arthur Murray studio were a highlight, as were the nightspots known for great modern dance music or good country dancing.

Dora moved to Nisbet Lodge in February this year. There she hosts visits from family and long-time friends such as her former boss, Charles Bull, who owned Hurst Pharmacy from 1972-2002. Her room is festooned with bingo prize stickers, and there's a stack of the mysteries she likes to read. "And I do a lot of crosswords – it's supposed to exercise your brain," she says with a laugh.

And if you want to come by and cheer for the Blue Jays or the Leafs, Dora has the TV remote close at hand.



Dora attending a pharmacy conference in 1982 and in her room at Nisbet Lodge



ORILLIA BOAT CRUISE

Enjoying the fresh air on the deck of the Island Princess, part of an August day trip to Orillia that included a picnic lunch and a cruise on Lake Couchiching. Thanks to Hub Insurance, and the Nisbet Family Council: their financial support helped make the excursion possible.





Watch for this!

Our Christmas Bazaar and Tea
 Saturday, November 13
 10 am-3 pm in Missionary Hall

Shopping at Regal is back at Nisbet

Shopping through Regal is a very easy way that you can support Nisbet while at the same time getting ahead with your Christmas shopping.

Two ways to shop, and one way to buy
 Pick up your catalogues and order forms at reception, **or** go online at www.regal.ca and view the catalogue.

Then make your selections and call or email your order to Barbara Snell.
 Telephone: 416 469-1105
 Email: assistant@nisbetlodge.com

Foundation's golf tournament helps provide for future

Nisbet Lodge and three other homes raised \$41,000 during the Fifth Annual Joint Charity Golf Tournament in June. Held at Remington Parkview Golf & Country Club in Markham, the event featured Mark Dailey the voice of CityTV as special guest again this year.

In total, 28 companies or individuals signed up as "hole sponsors" to support Nisbet Lodge, as well as The Wexford, Mariann Home and Valleyview Residence.

Nisbet's share -- \$12,400 -- has been committed to our *Planning for the Seniors of Tomorrow Fund*. With special thanks to:

Lead Sponsor

Achieva Health – *Toula Reppas, Director*

Banquet & Cart Sponsor

Medical Pharmacies - *Stephen Pearson, Senior Vice President Long-Term Care Service*

Prize Sponsors

Brimley Medical Centre -

Dr. Tommy & Larry Bacher

Precise Parking - *Luigi Lato, Vice President*



Reserve Wednesday June 22, 2011 for next year's tournament!



*Give thanks to the LORD,
 for he is good;
 his love endures forever.*

1 Chronicles 16:33-35, NIV

We thank God for each of our residents and for every friend, supporter and family member.

Happy Thanksgiving!



**McClintock Manor
 Nisbet Lodge**

740 Pape Avenue
 Toronto, Ontario M4K 3S7
 Phone: 416-469-1105
 Fax: 416-469-2996
 Email: info@nisbetlodge.com
 Web: www.nisbetlodge.com

You're invited to *A Little Light Music*

with the Peel Choral Society

Hot Buffet Dinner & Silent Auction

Friday, October 22 at 6:00 pm

Missionary Hall, Calvary Church

Tickets: \$45 each or \$40 in groups of four or more

A tax receipt is issued for a portion of the ticket price.

Tickets are available at Nisbet Lodge Reception Desk.

