

CLEARBROOK GOLDEN AGE SOCIETY

QUARTERLY PROGRESS REPORT



101-2825 Clearbrook Road
Abbotsford, BC V2T 6S3



JAN-MAR 2024

www.gardenparktower.ca

www.facebook.com/GardenParkTower



Melissa Adrian, Office Administrator

After 12 months in the old board room, the management office for CGAS has finally found a permanent place in unit 102. I want to personally thank those who had to endure working in temporary office spaces; Nadia, Gabriela and Shreya.

After we offered more office space to SARA for Women, we decided to move into the old board room temporarily until we could find room. We had notice of Abundance Canada planning to acquire a smaller office space somewhere else and so we patiently waited for their commercial lease to end. With a two-month extension request, we are able to have an office space where all the administrative staff are together with office 101 and office 211 will be joined together. This will help build up a team spirit among the office staff.

We invite you to come and have a look at our new office space during the OPEN HOUSE planned for January 11, 2024 10-12pm. We will have refreshments and a door prize.

Interesting enough, this exact office space is where the CGAS Management office was in 2016 before moving up to 201. Hopefully we will stay in these offices for a long while to avoid all the cost of moving. One of the big expenses of moving office space is moving the server. Keeping our cost to a minimal is the plan.

I'm looking forward to a professional environment to enhance our services and readily meet the needs of the community we serve. We are thankful and feel blessed!

Luc Sabot
Executive Director

LIFE LEASE

The Garden Park Tower, owned and operated by the Clearbrook Golden Age Society, is a unique and caring community, created to make a difference in the lives of seniors. Garden Park Tower is viewed by many in the community as a desirable place to live. Many of the residents know of Garden Park Tower through word of mouth or because a relative or friend resided here. Others find out about GPT through the services offered onsite, i.e. Life Labs, Hair Care, Carpet Bowling, the Rose Room, etc., and are pleasantly surprised to find out that there is a seniors' residence here as well. This is usually when they come and meet with me.

Once I have given them a tour of the building and shown them whichever unit is available for viewing, the feedback I receive has always been positive. I would like to thank the many residents that we encounter on these tours as their warmth and kindness shines through as they greet our guest/potential residents making them feel welcomed and excited at the possibility of becoming a part of this unique community.

Needless to say, our waiting list is fluid, and continues to grow. Last year, in 2023, thirteen units were sold and 24 new residents have made GPT their home. The ages of the residents living here vary from mid 60s to 90s; the average age of residents is late 70s and 80s. What is consistent with what I have been told by prospective residents, is that they preferred to stay in their homes for as long as they could. When they feel that they can no



longer physically maintain their homes, i.e. mowing the lawn, doing handyman repairs, stairs are becoming an issue, doing household chores becomes difficult, that is when they begin to look at other options.

They may have health issues (which develop as we age) but their health issues do not prevent them from living independent lives and they say that they are not ready to move into an assisted-living facility. Once settled in, quite a few will volunteer their services assisting in the office, Rose Room and in other areas that they have an interest in, and their volunteer efforts are much appreciated. Garden Park Tower suits their needs; providing them with a caring Judeo-Christian community in a well maintained building and enables them to live independently and enjoy their senior years.

Nadia Baran

Life Lease Coordinator



VOLUNTEER COORDINATOR

At one point in time, CGAS was mainly run by volunteers. There was a push to have as many volunteers as possible in order to reduce the payroll in order to pay the Garden Park Tower mortgage. The mortgage was paid off in 2022 and it seems like the volunteer program started to dwindle since then. However, seniors serving seniors is still a very good motto for CGAS to live by because it utilizes seniors and gives purpose and enhances mental health. Of course, using younger people as volunteers is fine and will happen, especially for jobs that seniors cannot perform. There is definitely a need to revitalize our volunteer program.

In the December 13, CGAS Board of Directors meeting, it was voted to open a new position in CGAS for a Volunteer Coordinator. In order to strengthen our volunteer base and our community service, volunteers need special attention for the wonderful work that they do. Some of the things that are needed is vetting, orientation, ensure job descriptions are written for them, recognition, showing appreciation, and retention. The full job description was presented to the board and approved for the best interest of the Clearbook Golden Age Society.

Once the position and job description was approved, a candidate was presented to fulfill this role. Ken Brake was introduced to the board as a person who would be highly qualified for this position.

The board members were sent Ken's resume two weeks in advance of the meeting. It was voted to hire Ken Brake as a Volunteer Coordinator. That is right, he himself is a volunteer. You can read his bio on the next page.

So what will a volunteer coordinator do, you may ask? Here are a few duties but not exhaustive list of things that a person in such a position at CGAS may do.

- Identify the need of volunteers in each department and potential opportunities,
- Recruit, interview, screen, train,
- Match skill set with the opportunities,
- Ensure proper supervision is given where they work,
- Regular communication with volunteers,
- Maintain files, records, applications and other data concerning the volunteer program,
- Recommend updates to the volunteer policy to the appropriate committees,
- Coordinate volunteer recognition and appreciation events and activities,
- Coordinate with other local senior volunteer organization and activities,

This list is only a selection of some duties from a longer list with more details on the actual job description approved by the board. Of course, the job description will be adjusted as needed for this new position.

Luc Sabot
Executive Director

KEN BRAKE

VOLUNTEER COORDINATOR



Kenneth Brake - Volunteer Coordinator

I was born and raised in a rural community near Stephenville, Newfoundland. I left my childhood home to pursue higher education. After several years of college, I travelled to Halifax to study Human Sciences. In my thirty-five-year Respiratory Therapy career I provided care to countless patients, from prematurity to end of life. "Patient and family focused care" and service excellence were always my priority. I have been a resident of British Columbia since 1990, when I was recruited by B.C. Children's Hospital. in 1997,

I purchased a family home in Abbotsford and raised three fine sons here with my wife, Joan Brake (VanderLinden).

We are a respectful and respected family with significant ties to the community. I retired from my Position of Trust with quality awards and distinctions including "Above and Beyond".

I value ethical practices, informed decisions, effective teams, healthy workplaces, psychological safety, life-long learning, peer mentorship, diversity and inclusion. I still enjoy teaching, mentoring, engaging, and creating. I am a nationally certified Martial Arts coach, adult educator, and mentor. I value individualized learning strategies that connect team members, promote personal awareness, establish achievable goals, create healthy habits, and produce intended outcomes. I value knowledge and believe that life must have purpose and meaning. The Japanese tradition describes "ikigai" as - "your reason for being". In western philosophy we say, "life must have purpose and meaning". The Christian value is, "be of service to others".

Red Green. "If people don't find you handsome, they can at least find you handy."

Ken Brake
CGAS Volunteer Coordinator

SENIOR SAFETY



In the “Investing in People for a Better Tomorrow” (IPBT) project that CGAS has undertaken with grant funds we applied for, one of the components to implement is the Senior Safety Plan. In that plan, among other items, is the installation of a AUTOMATED EXTERNAL DEFIBRILLATOR (AED) on the main floor. As you see in the picture, it was installed right beside the Fire Safety Plan by the main entrance.

Some of you may ask, why do we need this equipment? AEDs are used to revive someone from sudden cardiac arrest. This usually occurs when a disruption in the heart's electrical activity causes a dangerously fast heartbeat (ventricular tachycardia) or a fast and irregular heartbeat (ventricular fibrillation). Either of these irregular heart rhythms keeps the heart from pumping effectively and can cause it to stop. When this happens, the brain and other

vital organs don't get the blood and oxygen they need. This requires treatment within minutes to prevent death. The sooner the heart's rhythm is restored, the greater the chance there won't be permanent damage to the brain and other organs.

If an AED is near someone having ventricular fibrillation or ventricular tachycardia, a bystander in a public place or a family member can use it to jolt the heart back to a regular rhythm. Using the AED could possibly save a life.

Cardiopulmonary resuscitation (CPR) after cardiac arrest can keep blood flowing to the heart and brain for a time. But often only defibrillation can restore the heart's rhythm. Together these treatments can improve the chances of survival.

If you go to Superstore, or Walmart or the Sevenoaks mall, you will find these in different areas where there are people. Since we have a high traffic of people on the main floor, it was identified as the best place to have such an apparatus. Of course, we hope we don't have to use it but just in case, we want to know that we were able to save someone's life with the AED.

IPBT Project Manager



MAINTENANCE 2024



The maintenance department is happy to welcome Darren Waite. Darren is the new maintenance assistant to Kevin. He is from the East Coast, more precisely from Prince Edward Island. Darren has many years of experience in renovation and refurbishment for the REMAX rental property which operates over 500 rental properties in the lower mainland. WELCOME DARREN!

As part of the CGAS STRATEGIC PLAN for the maintenance department, we foresee a few projects in 2024:

- Heat Pumps - each year we would like to replace a few of the 27-years-old heat pumps which continually need to be repaired,
- Above ground parking lot line painting,
- Pressure wash the north side of the building,
- Inject cracks that leak in P1,
- Fix outside drains in above ground parking,
- Fix outside lights for parking and south ramp,
- Renovate main floor women's bathrooms,
- Renovate main floor men's bathrooms,
- P1 Residence entrance upgrade,

There is always something that comes up that not only takes the time away from our maintenance crew, but also uses up budgeted funds. We have been working with a more realistic list of maintenance budget items and capital investment items so that we intentionally do all that we can to not go over budget in 2024.

Kevin Limb
Maintenance Department



Darren Waite
Building Assistant Maintenance

TAMMY PENMAN

Tammy has been a hair stylist with the Garden Park Tower Hair Care Salon for more than 20 years. On May 31, 2023 Tammy Penman was diagnosed with NEURODENDOCRINE CELL CANCER, in her lymph nodes, a secondary cancer. They haven't found the primary source yet. Tammy has completed her Chemo and Radiation treatments and has to wait eight weeks to be re-evaluated for live cancer cells. If she is cleared, she hopes to be strong enough to return to work in February of 2024. However, if live cancer cells are found, more treatments will be determined.

The hair salon has been operating with just Edna and me, Cheryl. We are working hard to keep all clientele in the salon. We have been actively looking for a stylist to join our team. We are continuing our search in the new year.

Cheryl Pettersen

Garden Park Hair Salon



Tammy Penman - Hair Stylist

ROSE ROOM JANUARY MENU



Daily Lunch: Chili & Bun or Soup & Bun \$6.50
Frozen Soups and Meals, Fresh Baking and Sandwiches

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 CLOSED	2 Tomato Basil Cabbage Roll Soup	3 Beef Borscht Cream of Mushroom Fresh Buns	4 Chili Soup of the Day	5 Chicken Tortellini with Tomato Sauce Tossed Salad Lemon tart	6 Baked Goods
7	8 BLTC & Fries Gravy	9 Farmer Sausage Soup Beef Barley	10 Chili Beet Borscht Chicken Noodle Fresh Buns	11 Soup of the Day	12 Perogies and Farmer Sausage Tapioca Pudding	13 Baked Goods
14	15 Cuban Sandwich Wedge Fries	16 Corn Chowder Chicken borscht	17 Minestrone Mulligatawny Fresh Buns	18 Chili Soup of the Day	19 Shepard's Pie Carrots Ice Cream	20 Baked Goods
21	22 Hotdog Fries	23 Beef Borscht Split Pea	24 Vegetable Beef Cream of Broccoli Fresh Buns	25 Soup of the Day	26 Fried Chicken Mashed Potatoes Corn Timbits	27 Baked Goods
28	29 Grilled Turkey and Cheese With Salad	30 Chicken Noodle Soup Beef Barley	31 Chicken Borscht Seafood Chowder Fresh Buns			

ROSE ROOM

FEBRUARY MENU



<p style="text-align: center;">ROSE ROOM CAFÉ 2825 Clearbrook Road Abbotsford, BC 604-743-0237</p> <p style="text-align: center;">Daily Lunch: Chili & Bun or Soup & Bun \$6.50 Frozen Soups and Meals, Fresh Baking and Sandwiches</p>						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Chili Soup of the Day	2 Pork Schnitzel with Mushroom Sauce Baby Potatoes Seasonal Vegetable Fruit Jello	3 Baked Goods
4	5 Meatball Sub Caesar Salad	6 Cabbage Roll Soup Beef Borscht	7 Mulligatawny Corn Chowder	8 Chili Soup of the Day	9 Sweet and Sour Chicken Chow Mein Noodles Wonton Cookie	10 Baked Goods
11	12 Pulled Pork Coleslaw	13 Chicken Noodle Split Pea	14 Valentine's Day Luncheon Farmer Sausage Beef Barley	15 Chili Soup of the Day	16 Fish and Chips Coleslaw Banana Pudding	17 Baked Goods
18	19 CLOSED for Family Day	20 Chicken Borscht Cream of Broccoli	21 Minestrone Potato Leek Buns	22 Chili Soup of the Day	23 Ham Scalloped Potatoes Roasted Curry Cauliflower Brownie	24 Baked Goods
25	26 BLT Fries & Gravy	27 Chicken Noodle Tomato Basil	28 Farmer Sausage Mulligatawny	29 Chili Soup of the Day		

EVENT FOR FEBRUARY



**GARDEN PARK TOWER INVITES
EVERYONE**

VALENTINES



LUNCHEON

FEBRUARY 14, 2024,

11:30 am

Feature: ALDO GORD BERTI

**Renowned Award Winning,
Professional Accordionist**



A delightful treat for all!

Tickets: \$25.00 Office #101

**MENU: Chicken Cordon Bleu, Roast
potatoes, hot vegetables, salad. Dessert**

CLASSIFIEDS

VOLUNTEER OPPORTUNITY

If you have time on your hands and want to volunteer at Garden Park, please email to reception@gardenparktower.ca or call 604-853-5532. We have openings in the Rose Room kitchen and Dining Hall at the moment.

GREETING CARDS

CGAS has many different greeting cards available. We will have a survey done to see if this service to fully understand if this is a viable business and service needed in the community. With over 8 dollar stores in town now, the competition is high. The cards here are only \$1.05 including tax.

BOOK BINDING

Do you want to surprise a loved one with a new binding on an old book or a Bible they used so much it needs a new cover? Come to our bookbinding shop and get it done in time for a birthday or some special occasion. You can call 604-853-5532 Ext. 112.

FOR SALE

Garden Park Tower management office is selling 5 desks with wall mount cupboards and small table and shelves in perfect condition. Desks can be sold separately. There is also a nice board room table that seats 8 people available at the same time. Please call 604-743-0240 to book an appointment to see them. Available now.

CATERING

GPT has the capability to cater up to 250 people. If you have an event planned and would like the Rose Room Kitchen to serve you, please consider renting the Azalea Room or Magnolia Room or both for your event. For more information on our catering options contact Garden Park Tower Office at (604) 853-5532 ext.102.

PICTURE FRAMING

Need a picture framed? You can call 604-853-5532 Ext. 112.

HEALTH AND WELLNESS CLASS

The cost is only \$2.25 or buy 10 classes and get 1 class free! Limit is 18 people per session in the Azalea Room. Mobility and Stretch:
Monday: 2:35
Bones and Balance:
Tuesdays : 9:10am
Thursdays: 9:10 am

CARPET BOWLING

Drop-in every
Monday and Wednesday:
1:30 pm-3:00 pm
Price: \$1.25
Contact:
Phone the Office for More Details 604-853-5532

ART CLASS

Bring Your Own Equipment and Paint With Friends.
Thursdays
AM: 8:30-12:30
PM: 1:30-3:30
Contact:
Phone the Office for More Details
604-853-5532

ROSE ROOM NEW HOURS

Mon-Fri: 8am to 3pm
Grill is open until 2pm
Saturday: 8am to 12:30pm