

Contents

- Message from the Chair . . . 1
- Queries on Donations . . . 1
- Executive Director's Report . . . 2
- Special Events . . . 3
- St. Patrick's Day Party . . . 3

Helpful Internet Links

- The Alzheimer Society of Ontario
www.alzheimerontario.org
- Alzheimer Society of Toronto
www.alzheimerontario.org
- Alzheimer Society of York Region
<http://www.alzheimer-york.com/>
- Ontario Seniors' Secretariat
<http://www.culture.gov.on.ca/seniors/english/programs/>

www.cedarhursthome.ca

Message from the Chair

The spring weather has arrived and we are looking forward to getting our secure garden ready for use. It makes such a difference to be able to wander out into the garden and enjoy meals when possible. Some of our residents enjoy planting and tending the gardens and picking the tomatoes and herbs as they are ready. The second floor veranda is a popular spot for morning coffee and afternoon tea and our PSWs look after the pots of flowers with help from the residents.

Deborah Mahendrarajah, our Executive Director continues to closely interact with family members, working tirelessly on their behalf as she assists with the changing needs of their family member. She is sensitive to the strengths and needs of each resident and is an excellent problem solver, handling each situation with a quiet calm. Deborah is also working to update many of our policies and

procedures which are so important to the smooth functioning of Cedarhurst.

Ewart Angus Homes Inc. has a dedicated Board of Directors whose names are listed in the Newsletter. They are more than names however and work many long hours behind the scenes. Each Board member brings special skills, expertise and experience to EAH and we could not function without them. I particularly want to thank them for all they do.

*Monica Williams,
Chair, Board of Directors*

Mission Statement

Ewart Angus Homes provides compassionate, innovative, supportive care for people with Alzheimer Disease in a secure, dignified residential environment. Our approach to our residents' daily life activities promotes independence and quality of life for residents and peace of mind for their families.

Vision Statement

Ewart Angus Homes is the nationally-recognized model for delivery of stimulating residential care for individuals living with Alzheimer Disease.

Executive Director's Report

The welcome arrival of Spring brings with it a sense of excitement and renewal. Here at Cedarhurst residents and staff alike look forward to being able to spend more time outdoors, whether it involves taking a day trip, having coffee on the veranda, or helping with the gardening. One of the great benefits of our gardens is the supply of fresh herbs and vegetables for daily meals.

Spring cleaning is also a traditional and essential activity of the season and our cleaning crew is working hard to keep this beautiful place clean, fresh and healthy.

In the last newsletter I reminded family members to contact Canada Revenue to determine their eligibility for tax claims relating to expenditures for care at Cedarhurst. The tax documents are now available and many family members have already received them through various delivery sources. If anyone has not yet received the appropriate documents, please contact me.

In the upcoming months, we will be redesigning the basement area to make it a pleasant and comfortable area for residents to relax and take a stroll. This will also encourage residents to walk more during the winter months.

We have updated our Medication Policy. Please contact me if you would like to know more about the details.

Our wonderful and creative Activationist, Marian, continues to develop many interesting and stimulating activities and programs for our residents. We are fortunate to have her at Cedarhurst. You can visit our website (www.cedarhursthome.ca) for the monthly activity calendar.

I wish you an exciting Spring season!

Deborah Mahendrarajah



Cedarhurst Board of Directors

Monica Williams, *Chair*

Peter Long, *Past Chair*

Doug Carr

Gerry Cooper

Gene Farley

Betty Heining

Geegee Mills

Angela Morris

Alan Morson

Emrick Suichies

Queries on Donations

Tax receipts will be issued for all donations. If you are interested in making a donation to Cedarhurst and have any questions regarding the "how" and "what" of donations and gifts, please contact Deborah Mahendrarajah, Executive Director:
Tel: 416-447-1474 ext 222;
email: Deborah@cedarhursthome.ca

Special Events

April

- Visit to Alan Gardens to view the Easter/Spring flowers, then out for Tea
- Outing to IKEA for lunch and a stroll
- A variety of musical entertainment from Crooners to Classical
- Reminiscing through music with former Radio Personality, Phil James
- Laughter Session with Clown and Humour specialist
- Aromatherapy participatory session and discussion
- Music Bingo

May

- Diamond Dance: Lunch, live music and dancing at Lawrence Hall
- Entertainer: Georgina Rae, live, well known for her many Sing Along DVDs
- Entertainment with the Upper Canada Choristers
- Tour of the Toronto Botanical Gardens

June

- A variety of entertainment
- Outing: Lunch in the park
- Happy Hour
- Outing: the Toronto Island

St. Patrick's Day Party

March 17 celebrations at Cedarhurst brought out the Irish in everyone. The afternoon party featured lively music, stories, quizzes, good food and lots of laughter.



About Cedarhurst

Cedarhurst, one of the Ewart Angus Homes, is a secure, non-medical home exclusively for people with early-to-mid-stage Alzheimer's disease or related dementias who require supervision, support and some assistance with activities of daily living. Residents enjoy private rooms with ensuite bathrooms and inviting common areas, perfect for enjoying time with families and friends.

At Cedarhurst, residents are encouraged to be as involved in the activities of daily living as they are able. Our activation program is geared to the unique needs of adults with Alzheimer's disease and includes programs and activities tailored to meet the needs, interests and abilities of each resident.

Please visit our website at www.cedarhursthome.ca or call us at **416-447-1474** for more information.



Cedarhurst

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