



Resident Hazel Archell talking to a family member.



The Fulford Residence.

Living the Pandemic in a very special Senior's Residence

SUSAN WINN

Mrs Susan Winn is a member of the Board of Directors of the Fulford Residence.

The Fulford Residence is a private, not-for-profit home licensed to provide quality care to senior women to the end of life. The home was established in 1855, and has served generations of women from many backgrounds, faiths and life experiences. Serving the most vulnerable during a global pandemic calls on the devotion of staff members and medical associates as they protect and

guide these precious residents through this dangerous time.

I recently received a call from a Fulford resident, Catharine McKenty who is in her 90th year. She began with the words, "I can't say enough about the gift of being at Fulford!" Catharine was bursting to tell me about life in the house. She described daily activities, happy conversations and laughter at meal times, and prayers of thanksgiving spoken before every meal.

Catharine went on to say, "Many of the ladies I am living with have some degree of forgetfulness but they have wonderful

stories to tell. As I hear of the rich lives of each person here, I marvel at the lives they have led. But most of all I marvel at the quality of care that is given by the staff for each person. We are a family at Fulford, we really are a family."

As a member of the Board of Directors I was so glad to hear that she was happy and well through this strange and different time. The management team, Marie-France Lacoste, Manager, and Joyce Borniard, head nurse, send regular messages to the residents' family and friends assuring them of the care taken to ensure the health of both the ladies and

the staff.

Recently a letter from one of the residents was forwarded with her permission. She wrote, "Having listened, read and watched some of the descriptions connected to seniors' homes in general at this time, I want everyone to know that the care, spirit and loving atmosphere here at Fulford is superb. The ladies are enjoying some new experiences. Due to government regulations, we sit two to a table, two meters apart. The result is that we never know where we will sit and thus are getting to know one another in new ways. I would like to add that delicious meals continue as

the smiling faces of the kitchen staff come to serve our food from the pantry. And communication with family is enabled by Skype, Email and Face time, with the help of staff members."

This same lady (who chose not to be identified) is familiar with the history of Fulford. She wrote that "Fulford was founded by people with faith in God, and that God continues to reign in the hearts of those who live and serve in the home."

The Fulford staff members have proven to be more than care givers. They lead sing-songs in the dining area with chairs well-spaced, and encourage the ladies to move about to stretch their legs. During a recent lunch, members of the staff formed a choir and sang "How Great Thou Art." If you visit the Fulford website, you will see photos of the delighted, well-cared for residents.

The ladies of the Fulford Residence are looking forward to warmer weather and the opening of the second floor balcony. From this balcony it will be possible to see family members standing below on the driveway, waving and calling loving messages. It has been noted that every connection with loved ones gives the residents new bursts of energy.

In the meantime, no one is facing this time of isolation alone. As Catharine McKenty says, "We really are a family at Fulford."

For more information, go to fulfordresidence.com