Message from the CEO

Dear Friends,

When we launched our strategic plan last year, we could not have predicted how our Kindness initiative would be put to the test with the appearance of COVID-19. The pandemic helped reveal the deep well of kindness ingrained in our residents, families, team members and community partners. It reinforced the importance of our faith-based values that are embedded in everything we do. As we made decisions during COVID-19 our focus was on safe, kind care – providing peace of mind for residents and families during this difficult journey. This included hiring additional team members and investing in personal protective equipment for all.

Although COVID-19 brought us many unforeseen challenges, there were many positive highlights that made 2019-20 memorable. The successful launch of Fairview’s Home and Community campus model of care (Integrated Assisted Living Program, or IALP) in June 2019 has been so well received it is being expanded at Parkwood.

In addition, we continued to develop Fairview’s capacity to support French language speakers. We were fortunate to receive two grants to support these efforts and are pleased to thank the Government of Ontario and the French Health Network of Central Southwestern Ontario for their generous support.

I would be remiss if I did not mention the financial surplus. We have worked hard to be a sustainable organization, using a business model to ensure every dollar is used wisely. As not-for-profit organizations, we are privileged to reinvest the surplus back into our communities and are considering growth opportunities that will allow us to do even more to support older adults with modest incomes and to relieve poverty.

While our year-end was March 31, 2020, COVID-19 quickly became our focus in late February, delaying our annual community report. We hope you will find the stories worth the wait.

Reflecting on our theme, Kindness Lives Here, I want to take this opportunity to acknowledge our leadership team and front-line team members who continue to navigate the pandemic with courage and creativity. You are all heroes. In addition, I wish to thank their families whose support is invaluable.

I also wish to thank residents who continue to teach us how to live our best life, no matter the circumstances, with stoicism, maturity and humour. Thank you as well to our residents’ families and friends. Your kind words of encouragement have been appreciated more than you know.

Our Board of Directors continues to provide guidance and inspiration. In response to the pandemic, the Board approved a benevolent fund, aptly named Spread Kindness, to provide tangible support for team members with immediate financial needs. Thank you to each board member for your selfless dedication.

Finally, thank you to the hundreds of volunteers and community partners who contribute to the extraordinary quality of life at Fairview Parkwood Communities.

Thank you all for ensuring that kindness lives here.

Elaine Shantz
Chief Executive Officer
This has been a year of extraordinary progress, laying the foundations to be ready to respond to several potential expansion opportunities. As our strategic plan inspired positive changes, we realized it was time to clearly define what makes our communities unique. I am pleased to share these differentiators with you.

Seniors touch all of our lives

- We help seniors live with dignity, regardless of their financial resources, in a safe and kind environment where all are welcome.
- We care for the whole person to support their financial, emotional, social and spiritual needs.
- We provide peace of mind for residents and their families.
- Kindness is built into our culture, deliberately fostered, invested in, supported, recognized and rewarded.

At times when we are referring to both communities you may notice us using the name “Fairview Parkwood Communities”. This is an informal change that continues to honour each campus as well as recognize the growing closeness between them. We are increasingly leveraging their individual strengths and programs for the benefit of all, such as the Home and Community program. By working together, the two communities have benefited from a greater pool of experience and innovation and have been able to implement new initiatives – especially during this time of the COVID-19 pandemic.

We are pleased to have a strong voice representing long-term care and retirement living through our work with two Ontario Health Teams: Cambridge-North Dumfries and KW4. We also continue to be blessed with the support of 23 Mennonite and Brethren in Christ churches. Thank you for your continued guidance.

Fairview Parkwood Communities is poised for positive growth. On behalf of the board, I want to thank Elaine Shantz who has so excellently represented the organization with numerous community and sector groups, gaining respect and recognition for Fairview Parkwood Communities as well as leading the organization, with the help of a superb leadership and resource team, during this unprecedented pandemic. We know how difficult this has been.

As well, as a Board, we wish to recognize and thank all team members at Fairview Parkwood Communities, for your commitment to excellence and your dedication in caring for our residents every day, but especially through these uncharted and extremely stressful past months dealing with COVID-19. We thank you all for living our values of faith, kindness, truth, accountability, and excellence.

Most of all, we thank everyone at Fairview Parkwood Communities for giving the gift of kindness in everyday actions. You ensure that everyone feels welcome, making ordinary experiences memorable.
Francophone Initiative
In 2019, Fairview was identified as a French language service provider. We recognize that there are significant needs within the Francophone community, and we are working toward building Fairview’s capacity to meet these needs and future opportunities. The partnerships Fairview forged with the French Health Network of Southwestern Ontario, Entité2 and the WWLHIN have provided Fairview and other long-term care homes with an invaluable guide for implementing services for Francophones as well as any group of people with shared needs, whether they are cultural, linguistic, spiritual, or other defining characteristics. We were pleased to participate in the launch of this guide in January, 2020 and thank all of our community partners.

Sewing Personal Protective Equipment
We want to send a special shout out to the Women’s Group from Preston Mennonite Church whose sewing skills were appreciated and put to good use, providing gowns to help protect team members who needed personal protective equipment due to the COVID-19 pandemic. Thank you to all those who organized and participated in this thoughtful project.

Kindness Trees
The spirit of giving is alive and well at Fairview as staff, residents and community members initiated a special gift program this past Christmas. Each Christmas tree was decorated with tags containing the name of a resident and their wish. Altogether, 160 gifts were collected from generous donors, wrapped and given to long-term care residents and other residents in need. Thank you to all who made Christmas special for so many.
Volunteers at Parkwood 2019-2020
Life at Parkwood is improved each day thanks to our generous, committed volunteers. In addition to their support, Parkwood benefited from the talents of members of Creekside Church who planted a new flower garden for the Bauman residents to enjoy. Thank you to all of our kind volunteers. You are an integral part of life at Parkwood and we value every minute you give to make each day better.

Students Make a Difference
Kindness comes from all parts of the community, including students. Thank you to the Practical Nursing and Nursing students who helped with exercises, mealtimes and personal interactions with residents. Thank you as well to the Community Psychology masters students who worked on Parkwood’s peer support programs, running a JAVA music and discussion program, and more. Parkwood residents also enjoyed the talents and enthusiasm of Community Music students.

25 Days of Kindness
The Kindness initiative is engrained in every day interactions with staff taking it to new levels at every opportunity. In December, staff developed the idea of encouraging everyone to participate in an act of kindness each day.

A Celebration of Staff
The Friendly Spouse group brought treats to express their thanks to staff.

Keeping it Fun
Creative costumes, Kindness initiatives, and special events are just a few of the ways Parkwood staff engage and entertain residents.

Home and Community
Based on the success of the program at Fairview, Home and Community was expanded into Parkwood in June, 2020, in partnership with the Waterloo Wellington Local Health Integration Network (WWLHIN). Parkwood is now providing direct care to residents to help them stay in their home as long as possible.
Kindness in Words and Deeds

In times of adversity, it is acts of kindness that soften the impact and provide the encouragement and love that allows each of us to keep going.

COVID-19 has certainly tested us all. Residents and families made a particularly difficult sacrifice, staying apart for months as the most caring act that could be done to keep loved ones safe and team members healthy. We know how challenging this has been for adults. It turns out, it was challenging for children as well.

Vanessa, who turned 11 in July, and her brother Julian, 13, were initially excited by an extended March break. However, they were disappointed that they wouldn’t be able to visit their grandparents and were worried about their health. That’s when their mom, Dr. Sharon Bal, suggested writing letters to others, who, like their grandparents, might be lonely.

“We decided to do something to help seniors at Fairview who were isolated,” says Julian. “In total, we wrote almost 100 letters. We decided to hand write them because we didn’t want people to think we were just copying and pasting. We wrote things that we thought our grandparents or their friends would like to ask us. Rather than saying a lot about us, we invited them to write back, and many of them did.”

“I think it is a little nicer on paper,” says Vanessa, “and that way, it could be coloured paper. All of the letters to me were very nice. A couple stood out because they also coloured a picture. One person sent a mask they made. That was cool. They answered my questions, like do you like ice cream, and what is your favourite colour.

One person told me how they had a pony when they were growing up.”

“All the replies were amazing,” says Julian. “One in particular stood out to me. I had told them I was in grade 8. They told me they remembered when they were in the same grade about 80 years ago, and what they did when they were a kid. We plan to reply to the people who wrote back to us. I want to remind them they are not alone and there are people who care about them. They didn’t have the usual support of their families and they have been so strong. We are so proud of them.”

Vanessa has started making charms to include in each letter. “I want them to feel as special as possible. In a couple of the letters I got back, the person told me ‘I feel comforted that I’m in your thoughts’.”

“The letters are magical, really moving,” says Sharon. “The kids were so worried about their grandparents and it is a sweet process to see them do this and learn from it. I know they are kind-hearted kids and I’m touched by the effort they put in and grateful for the responses. I think this has made a difficult time a little easier, for everyone.”

“This is a moment when everyone needs to be kind,” says Julian. “You can’t predict what anyone else is going through. There is no excuse for anyone not to be kind. Kindness shows other people you care. You show it in your actions. If you are kind to others, people will be kind to you. It’s just a really nice cycle.”
The generosity of the community has shone through during the pandemic. In addition to the letters from the Bal children, there have been many other memorable acts of kindness. With the dining room closed, staff prepared meal trays for residents. A vintage car drive-by in the parking lot brightened spirits. Our residents and families embraced the theme, “Stronger Together”, and recognized our front-line team.
Happy 105th Birthday, Lydia Ann!

In 1915, Robert Borden was the Prime Minister of Canada; John McCrae published ‘In Flanders Fields’; the average annual wage of farm help was $341 including board for men and $200 for women; Canadians were asked to ration basic foods like flour, sugar, butter, eggs, and meat; and Lydia Ann Bauman (née Horst) was born on July 20, by Three Bridges, on a little farm.

Lydia Ann is one of three girls in a family of 12. At age three, her family moved to Florida, then back to Canada where they bought a farm by North Woolwich, near Elmira. Her father had a garden farm and sold produce at the Kitchener market. He eventually bought a truck, which was not allowed for Old Order Mennonites.

Lydia Ann met her future husband, Howard S. Bauman, through her brothers. He became the last minister in the Conference ordained ‘by Lot’ in 1945, which involved selecting from one of three Bibles, only one of which contained a slip of paper. Whoever selected that Bible would become a minister.

“My father said he knew which one the slip of paper was in,” says Jim Bauman, the eldest of their six children. “He was minister for 21 years at Elmira, as well as a printer, starting Bauman Printing, which I bought and continue to run today.

My parents transferred to Clarence Centre in New York state for another 20 years or so. When they semi-retired, they moved back to Elmira and attended the Zion church.”

When Howard’s health was in decline, the couple moved to the Fairview Apartments, and then to Fairview Suites. He passed in 2010 after nearly 70 years of marriage. Lydia Ann still resides in the Suites.

“Mom loves to see the family, that’s what keeps her going,” says Jim. “She taught me about kindness and love. When we were kids, she would skimp on food to provide for the family. There was no doubt she loved us.”

Jim recalls his mother always had a large garden; what she grew she would use or preserve by canning. She still enjoys quilting and reading and gets out for a walk every day. If it’s sunny, Lydia Ann takes her walker and goes around the block – about a kilometre. It’s one of the highlights of her day. She’s glad to get outside in the fresh air where she can think clearly and look at God’s creation. If the weather is poor, she walks around the home. Lydia loves to meet people.

“Fairview was a natural and good choice for my parents… [it] is still based on values and the staff are kind and helpful. They are just good people. Like Mom.”
Centenary Celebrations

Lydia Ann and Howard’s legacy includes six children, 10 grandchildren and 11 great grandchildren. This photo shows Lydia Ann and one of her granddaughters holding hands.

Lydia Ann Bauman (seated) celebrated her 105th birthday with family and Fairview staff.

Six Parkwood and two Fairview residents are now in the Centenary Club, ranging from 100 to 105 years of age. Imagine, that is more than 800 years of life experience to share, moving from the beginning of auto and air travel to moon landings and space stations, from the rare hand-crank telephone to mobile phones, televisions, and instant visual communications through computers, keeping family connections through video calls. Not to mention the generations of children, grandchildren, great-grandchildren and beyond who are now the branches and leaves that testify to the strength, struggles and success of these trees of life. Congratulations to all.
Generations of Kindness

With a history of more than 75 years, Fairview has played a multi-generation role in many families, including Peggy Worboys’, starting in the mid 1960s.

Peggy’s father met an untimely death at the Breslau gravel pit, and suddenly, at age 37, her mother Shirley had to get a job. Prior to that, Shirley had been a busy stay-at-home mom, while also managing a big garden and two acres; she canned, cooked and baked everything. A friend suggested calling Fairview. Shirley made that call and was interviewed and hired on the spot for the nursing department. Those were the days when it wasn’t necessary to be a registered nurse.

Shirley loved being at Fairview and worked her way up to Charge Nurse in three years. You could often hear her singing hymns, while walking up and down the halls. She left in her early fifties, having remarried, but maintained her connection through volunteering. She later moved into Fairview’s apartment tower and now lives in the retirement suites. Shirley turned 92 this year and still gets where she wants to go, using her walker.

Peggy started with Fairview during her last year of high school, working every other weekend in housekeeping with Lydia Ann Martin, who was the housekeeping manager.

“The residents got really good meals,” says Peggy. “And, at that time, there were two tubs in each washroom, with a shower curtain between. I can’t imagine using a communal washroom, but they did it.”

Peggy was soon offered a full-time job and completed training as a Health Care Aide. Marriage, moves and children saw Peggy leaving and returning to Fairview four times.

“We got to be such friends, those of us who worked there,” says Peggy. “When mom would host dinner parties we would have this amazing group of nursing and housekeeping staff in our home, laughing and playing games. Everyone went away feeling better about life.”

One of Peggy’s children, Lindsay, also decided she wanted to work at Fairview and successfully landed a part-time job in the dietary department while she was attending high school and college.

Peggy enjoyed her years at Fairview and is proud of helping to develop a course in environmental services to establish a standard of cleaning in health care settings. It has grown beyond her expectations and Peggy continues to mark assignments for the course which is now offered at Algonquin College in Ottawa and recognized by the Ontario Healthcare Housekeeping Association.

“Fairview was such a good life experience for me,” says Peggy. “I found my value as a person. As soon as you come in the door, you just feel like you’re home. Today, through my mom’s eyes, I can see it is still a nurturing place. Kindness reveals itself in the daily actions of the people who care for her. It’s in the little things, showing respect and making sure it’s a comfortable, safe space. I feel I’m a thread in a quilt that is Fairview and I can see myself living there one day.”

Peggy Worboys and her mother, Shirley Mader.

Three generations of kindness (l–r): Peggy’s daughter, Lindsay, Peggy and her mother, Shirley.
Equipped with two languages – German and Russian – Albert left post-war Europe, spending five years in Paraguay prior to arriving in Canada when he was 27. He met and married Betty Fast, a Canadian Mennonite, in Niagara-on-the-Lake, Ontario. Betty taught Albert how to speak English and to drive a car. Together, they had four children.

“It sounds intimidating when you look back, but it seemed fairly obvious what choices to make,” says Albert. “I took a job as a brick layer’s helper at first. I wasn’t picky. I’ve had various experiences. Some weren’t my first choice but I learned what I didn’t want. I moved next to General Motors, which had better pay. However, they went on strike and I went back to brick laying. A year later the owner asked me to look after the business because he wanted to go to university. So I did. However, the next year I decided I should go to university myself.”

“In view of my age, I took what I needed so I could improve my English. I took honours English and German as my easy course. At that time, there was a huge need for teachers. I had family responsibilities, so I took a job teaching English and German in Peterborough. By then, we had three small kids and were expecting our fourth. I was able to finish my degree part-time.”

After four years, Albert and his family moved to Hamilton and he continued teaching at Parkside High School in Dundas. When he retired at 60, he learned to cook, as he likes to eat fresh food. He is particularly skilled at making pizza and lasagna, as well as his own ‘dry’ cottage cheese (glomz), pie, borscht and vareneki (pirogi). He uses the whey from the cottage cheese to make his signature ‘Whey Better Bread’. If you ask him, he might share the recipe.

When Albert’s wife passed in 2003, he continued to live in their house for nearly 10 years, then made the decision to move to a retirement community. He had friends in the garden homes at Parkwood and in 2012 he made his move. Today, he enjoys a spectacular view from the top floor of the Parkwood Suites Retirement Residence.

“In my life, there were three times, all before I came to Canada, that I thought I was going to die,” says Albert. “I’m 94 now. I have learned that life is precarious and precious. And you appreciate that, if you have had risk. Canada is a wonderful country and I appreciate the life I have here.”

Albert is easily recognizable at Parkwood – he’s the one riding his bike, every day, weather permitting, wearing a bright yellow safety vest and white helmet. He also enjoys aquafit and reading, and was so impressed with Parkwood’s Kindness initiative that he sent each of his grandchildren a Christmas card with a message reminding them of the importance of kindness.

“The staff at Parkwood are excellent,” says Albert. “Very friendly. There’s a saying: ‘It is nice to be important, but more important to be nice’. I think you could say the same thing about kindness. It is important to be kind.”
Howard Gimbel – A Life Remembered

Like many Parkwood residents, Howard Gimbel’s early days began on a farm, working hard, enjoying an active and physical life, built on a foundation of strong community and church values.

Born on November 10, 1921 in Breslau, Howard was taught early on that people help one another. He lived up to these expectations throughout his life.

Howard enjoyed a varied career, most of it spent driving, which he loved. During WWII, Howard worked at the Dominion Woolen Mills in Hespeler, sending his wages to the Red Cross. He then went to work for Silverwood Dairies as a milkman, driving a horse-drawn wagon at first, then transitioning to a milk truck. This was followed by a career working for Stafford Foods, covering a territory for the food distributor. In the last five years of his career, he worked for the Mennonite Foundation (now known as ‘Abundance’) as a financial consultant and served on the Board for Mennonite Mutual Aid.

Howard was generous with his time outside of work. He loved sports, especially baseball. He umpired into his eighties and also volunteered as a timekeeper and statistician in the Mennonite Hockey league in Elmira. He volunteered with Big Brothers and enjoyed gardening.

He also loved to sing, blessed with a good tenor voice. He especially enjoyed singing hymns, as well as reciting poetry, which he recalled with ease from elementary school. He had a poem for every month of the year.

When he retired, he continued to volunteer as a driver for the Cancer Society. He particularly enjoyed driving into Toronto so he could have a good long chat with clients.

Howard and his wife, Carol, married in 1946, and had two daughters. The couple were the first residents to move into Parkwood’s retirement home in 2009. They were joined in the Parkwood community by three other family members. Howard and Carol enjoyed going out for drives into their 90s, until Carol passed in 2014 in her 94th year. The day before Howard passed, six years later, in May 2020, he was still able to recite the Lord’s Prayer and the twenty-third psalm with Parkwood’s chaplain.

“My father was very personable,” says Phyllis Roth, daughter. “He was a caring and giving person, yet had a hard time receiving that back. Independence was so much a part of his life and he had to surrender so much. He would tell the staff at Parkwood ‘I can do it’ and they would agree to let him do as much as he could. It was important to him. It was one of the reasons he adored most of the staff. Another reason was their kindness. When they could, they would take the time to listen to his stories, which he loved to tell.”

“His life was underpinned by the values of honesty and integrity. It was important that he show it to others, and he expected that back. I know he found those values and more at Parkwood.”
“...the staff at Parkwood let him do as much as he could. It was important to him. It was one of the reasons he adored most of the staff. Another reason was their kindness.”

Howard and Carol were married June 8, 1946.

Howard drove a horse-drawn wagon to deliver milk for Silverwood Dairies.

Howe poses with ‘Mona’ after winning First Prize. His handwritten note, below, describes the event.

Howard drove a horse-drawn wagon to deliver milk for Silverwood Dairies.
Fairview Mennonite Homes and Parkwood Mennonite Home are not-for-profit organizations. We plan the annual budget on a business model to use every dollar wisely so that we can create a surplus to reinvest back into our communities. This means that both communities are sustainable, allowing us to continue to provide exceptional value for the well-being of residents and the surrounding community. For example, we are in the midst of refurbishing Fairview, including the Suites dining room, the Court balconies, the pool and fitness centre, and the Centre dining room. When COVID-19 arrived, we were able to quickly ensure we could sustain our supply of personal protective equipment for the safety of our team members and residents.

This past year, through strategic financial management, we realized a surplus at both communities. These funds will be used to continue to build upon the amenities residents enjoy and ensure we are in a position to respond to growth opportunities that increase the benefits of living at Fairview Parkwood Communities.

### Financials

**Revenue:** $12.64M
- Revenue received from residents: 56%
- Government funding: 39%
- Other revenue sources: 5%

**Expenses:** $12.06M
- Salaries and Wages: 61%
- Maintenance and Supplies: 16%
- Utilities: 5%
- Administration: 5%
- Amortization: 6%
- Mortgage Interest: 3%
- Property Taxes: 4%

**Donations:** $28,674
- Individuals: 13%
- Undesignated (general use): 45%
- Gifts designated to special projects: Equipment, Programs: 42%
Gifts of Kindness

The roots of philanthropy began before the Homes were built and continues today. We know that every gift is a gift of kindness meant to add to the quality of life of residents, team members and the community. We thank you for trusting us to use your generous donations where they are most needed.

This year Parkwood was honoured with gifts in support of spiritual care and the Kindness initiative. Fairview received generous support for special initiatives as well, including iPhones to support charting of medical information at the bedside. Donations were also made to help purchase exercise equipment and support the choir and craft fund.

Looking to the future, we are well-positioned for growth. Donations will have a significant impact on our ability to provide additional accommodations, programs and services for older adults who have a modest income.

Thank you to all who thoughtfully expressed support through a meaningful donation. We are grateful for your generosity.
You are welcome here.

As a community founded in God’s love for all and grounded in faith, each person is valued and respected. We honour the spiritual dimension of the human experience and believe that, with love, the extraordinary is possible.

Ici, vous êtes les bienvenus.

Dans notre communauté fondée sur l’amour de Dieu pour tous et ancrée dans la foi, chaque personne est valorisée et respectée. Nous honorons la dimension spirituelle de l’expérience humaine et nous croyons que l’amour rend l’extraordinaire possible.