

OUR CIRCLE



GRACIOUS
RETIREMENT
LIVING
FOR OVER
50 YEARS

FALL EDITION
2023



South Granville Park Lodge

— Meaningful Days —



At South Granville Park Lodge, we believe that every day should hold meaning, purpose, and joy for our cherished seniors. With over five decades of dedication to senior care, we've built our legacy on this heartfelt commitment. Our motto, 'Meaningful Days,' encapsulates our profound belief in enhancing the lives of our residents.



For us, 'Meaningful Days' is not just a phrase; it's a way of life. It's about honouring the unique life stories of our residents, fostering deep and respectful relationships among our caregivers and residents, and championing their independence and preferences. We provide a safe and healthy environment where every day is an opportunity to create beautiful memories and celebrate the richness of life.

Content



As the leaves begin their vibrant transformation and the cozy embrace of autumn descends upon us, we are delighted to welcome you to the Fall Edition of Our Circle. This season, our hearts are filled with gratitude for the opportunity to share the warmth of our community with you. Within these pages, you will find a glimpse of the incredible stories, the joyful moments, and the inspiring connections that make our South Granville Park Lodge so special. We celebrate the colourful tales of our residents, the dedication of our staff and the bonds of friendship that continue to flourish.

Fall is a season of harvest, and in these stories, we hope you find a bountiful collection of memories and insights that warm your heart. It is a time of reflection, and we invite you to reminisce with us about the experiences we've shared and the cherished moments we've created.

We extend our deepest gratitude to all of you who are part of the SGPL family. Your presence, your stories, and your support enrich the lives of our residents and the tapestry of our community. May this season be a reminder of the beauty in change, the comfort in togetherness, and the joy in every moment. As we embark on this journey through the pages of our Fall Edition, we invite you to savor the stories, share the smiles, and be inspired by the love that surrounds us.

Wishing you a wonderful fall season filled with warmth, laughter, and cherished moments !
Margareta Stavridis, Administrator

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Our Team



Doreen Buksh-Khan
Assistant Administrator



Nicholas Candaele
Director of Community Services



Carol Ganotisi
Director of Recreation



Kathleen Alexander
Director of Finance



Zdenka Votrubova
Director of Care



Jeremy Sicherman
Founding Family Member

— Meaningful Lives —



Elliott and his wife Nancy alongside their children Chandler and Chelsea with their families. Missing Elliott's daughter Lisa and family.

Elliott enjoyed sports, mostly basketball in which he ended up fostering lifelong friendships while playing for Queen Elizabeth Secondary School.

Post-high school, he ventured across the border to Central Washington University, where his love for journalism and education bloomed. While on campus, he took on the role of editor at the university paper, the *Campus Crier*. It was a far cry from the *Washington Post*, but he'll never forget the time he scored an exclusive interview with Jane Fonda.

In many ways Elliott's life was flourishing. In fact, everything around Elliott, including his career dreams seemed to be growing. Everything- except his hair.

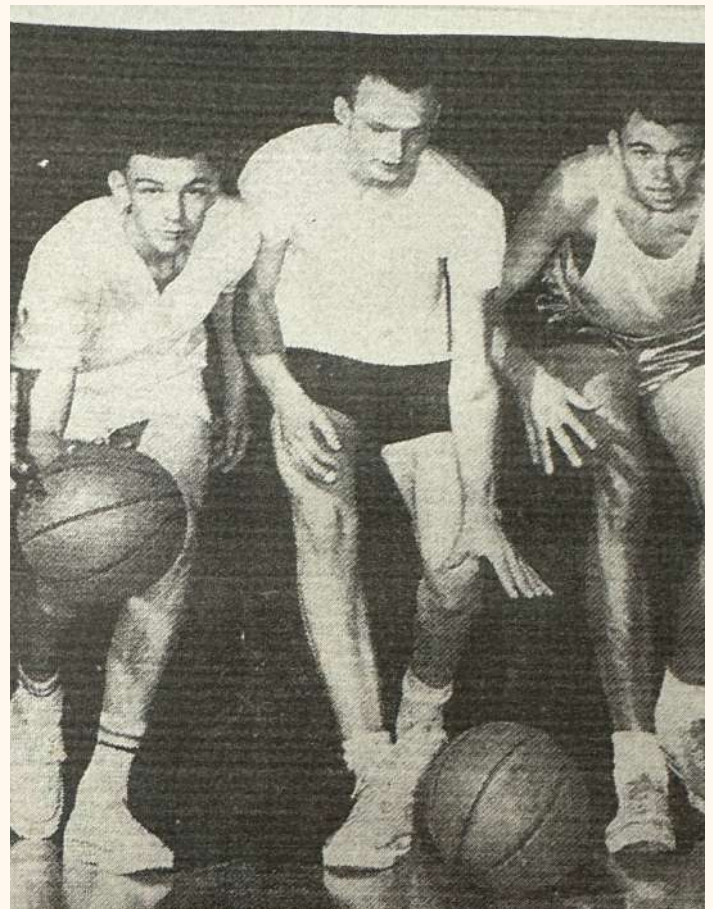
After graduation, Elliott left America and the sixties behind him and returned to B.C.'s Lower Mainland – his forever home. It's here he would also soon meet his forever love – Nancy.

Elliott Grieve

Written and submitted by the Grieve family.

It has been said home is where the heart is and for Elliott Grieve 'home' has always been right here in British Columbia. He lives by the principle of 'plan your work and work your plan' – a Grieve lesson instilled in his youth.

Born the first child of a soldier and nurse a few years after the Second World War, he grew up in Surrey.



Meaningful Lives



As Elliott was navigating his career path, he realized he felt most at ease inside the education system. He quickly rose through the ranks, ultimately becoming Associate Superintendent of Burnaby Schools, and was recognized as Canada's Professional Community Educator of the Year in 1995. Elliott is a master mentor and a leader in a way that empowers the people around him and puts the spotlight on them, not him.

Elliott and Nancy's shared motto, 'Live to make a difference,' led to a beautiful family, including their children Lisa, Chelsea, and Chandler. The 1990s and 2000s were marked by coaching little league, attending sports events and nurturing his garden.

With two kids, Elliott's second home in the 1990's and 2000's was coaching his son's little league team, attending his daughter's field hockey games and gymnastics events, and caring for his beloved garden at their Kitsilano house. Plants and flowers all flourished under his green thumb, and so did love for his children. Elliott explored places like Osoyoos, Oregon Coast, Maui and Scotland on family vacations, creating cherished memories.

Elliott welcomes conversations on public education, his beloved Seattle Mariners or Seahawks, and Vancouver Canucks. Join him for a chat at the Lodge – a man whose heart has always been where his home is, in beautiful B.C.

It has been said, what matters most to Elliott are also the rules of his home: 'All voices matter and everyone has a say.' He would surely add, make each day count!"



Culture

September 30, National day for Truth and Reconciliation, also known as Orange Shirt Day.

Together, we pause to honour the children who never returned home from the government-funded Residential Schools, bear witness to the journey of the Survivors who did, and call attention to the legacy of ongoing trauma and pain in Indigenous families and communities across the country.



Reconciliation cannot exist without first embracing truth-telling, and truth-telling requires that we confront the abject horror of our country's past and present actions.

Canada's story is one of state-sanctioned violence, discrimination, land dispossession, and cultural erasure; in no uncertain terms, it is a story of genocide against Indigenous peoples. While these things are often referenced historically, they are by no means confined to the distant past. Remnants of these policies and procedures, as well as the racist attitudes and beliefs that enabled them, remain embedded in Canada's institutions and power structures. They have, and continue, to inflict deep and lasting wounds.

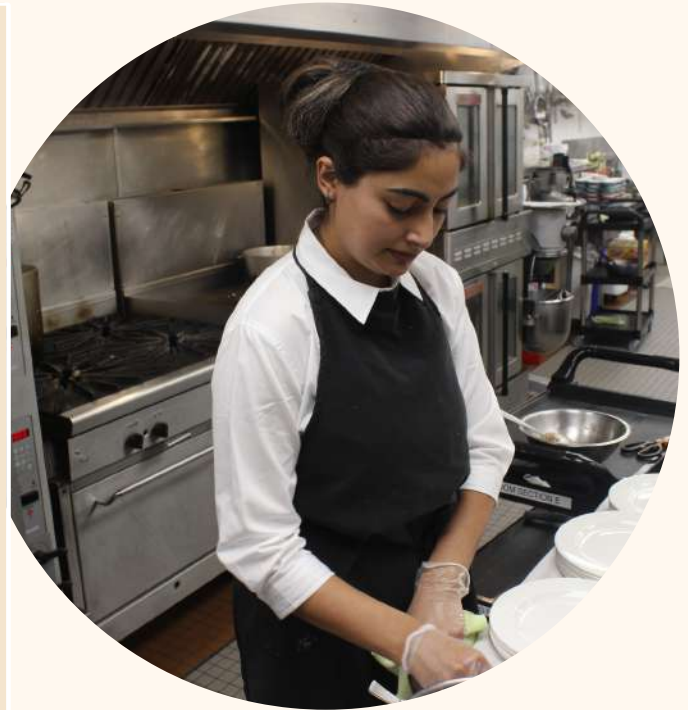


As an organization committed to safe, healthy, and inclusive communities for all, the ongoing process of reconciliation is inseparable from our vision. It is imperative that alongside our moment-to-moment tasks, we commit to listening, learning, and unlearning; to fostering understanding, supporting Indigenous-led initiatives, and promoting meaningful change – both in these coming days and beyond.

Staff Appreciation



Our staff makes the Lodge a home. Their care, dedication and love are the lifeline of our SGPL family. Thank you to our hardworking staff.



— Staff Features —

Brenda Daudlin



We are thrilled to introduce you to Brenda, the newest addition to our South Granville Park Lodge family. With over two decades of experience as a dedicated Dietitian, Brenda brings her expertise to ensure our residents receive the best care and nutrition. Over the past 20 years,

Brenda's commitment to improving the well-being of others has led her to care facilities, research studies, and hospital settings, where she made a significant impact. At SGPL, Brenda is excited to continue her mission of enhancing the health and happiness of our residents. Brenda's kindness and compassion extends beyond humans. She generously dedicates her time to volunteer at a local cat sanctuary, where she helps care for a community of around 400 cats.

Josh's lifelong dedication to health and wellness has taken him on a global journey. Beginning in India, he pursued a Bachelor's degree in Physiotherapy, leaving a profound impact as a Physiotherapist at the Christian Medical College. This marked the start of his mission to improve lives through physical health. He later ventured to Canada, completing a Master's in Business Administration. Today, he's a valued member of South Granville Park Lodge, founding and leading our *Physio for Seniors* program. Josh's story is a testament to the power of passion, determination, and the unwavering dedication to wellness. On his days off, Josh loves to dance, and help others attain their fitness goals at the gym.

Joshwar George



Catalina Santos



With four remarkable decades as a care aide at South Granville Park Lodge, Catalina represents the essence of our care. Catalina's journey with us began in 1983, marking a career that has touched many lives. Catalina's favorite aspect of her work is taking care of the residents, entertaining them, and creating connections that feel like family.

Her fun-loving, happy, and playful energy can light up any room, and it's a testament to her unwavering spirit. Catalina's roots trace back to the Philippines, where she graduated from Guagua National College with a Bachelor of Commerce in Accounting, setting the stage for a successful career. In April 1983, Catalina ventured to Canada, initially starting as a companion. However, destiny had other plans for her. She gradually worked her way up to become

a dedicated care aide. Although her passion was in accounting, circumstances led her to this fulfilling career, and she embraced it with open arms. Catalina, like a lot of our staff, are actively contributing to the Meaningful Days of our residents. Beyond her remarkable career, Catalina has celebrated 37 years of marriage and is a loving mother to three boys. She's a bright ball of sunshine, bringing warmth and joy to all those fortunate enough to know her. Catalina's four-decade journey is a testament to her dedication, passion, and the enduring spirit that continues to enrich the lives of the SGPL community.



Food

As the leaves turn vibrant shades of red, orange, and gold, and the crisp air of fall descends upon us, it marks a time where we want to share comforting and nourishing meals with our loved ones. At South Granville Park Lodge, we believe that exceptional food is more than just a meal; it's an experience that nourishes the body and warms the soul.

Our lovely kitchen has incorporated fall ingredients and flavours into some delectable autumn-inspired dishes. Once again we would like to remind families to book with us and enjoy a meal with their loved ones.

Fall Delights at the Lodge



Salmon burgers with green goddess salad.



Apple sage roast pork with fall vegetables.



Berry crumble.



Chair Yoga: Elevating Wellness for Seniors

For seniors, chair yoga has emerged as a holistic approach to enhancing physical health, emotional well-being, and overall quality of life. Chair yoga offers seniors the chance to maintain an active, vibrant lifestyle that harmonizes body, mind, and spirit.

As we age, it's only natural that our bodies may lose some of their youthful vigor. However, this doesn't mean we have to forfeit our well-being. Chair yoga is revolutionizing the way seniors approach fitness, offering a gentle yet powerful path to physical and mental rejuvenation. The beauty of chair yoga is its adaptability to an individual's needs and abilities. Seniors of all fitness levels can participate, and chair yoga instructors tailor sessions to address specific physical concerns.

We offer chair yoga at the Lodge every first Wednesday of the month with instructor Leela Holt.

Physical Benefits of Chair Yoga

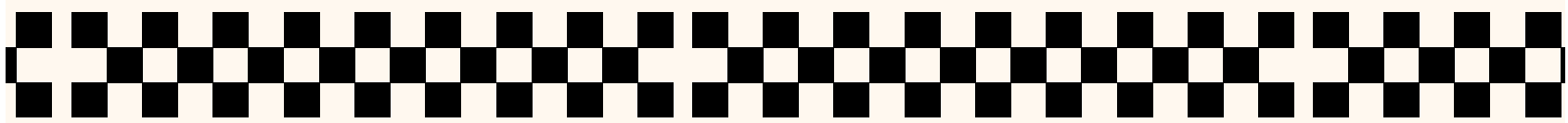


1. Improved Flexibility: Chair yoga encourages gentle stretching, which can significantly enhance flexibility.
2. Enhanced Strength: The practice targets various muscle groups, helping seniors build and maintain their strength.
3. Better Posture: Regular chair yoga sessions promote good posture, which is essential for maintaining a strong and pain-free back.
4. Stress Reduction: Focused breathing and mindfulness techniques incorporated into chair yoga can help seniors reduce stress and achieve a greater sense of tranquility.
5. Pain Management: Many seniors experience chronic pain. Chair yoga has been known to alleviate discomfort and improve joint health.
6. Cardiovascular Health: Certain chair yoga routines can provide a mild cardiovascular workout, promoting heart health.

— Sports Day —



Our residents enjoyed a jam packed, fun-filled sports day! Featuring a staff tug-of-war, musical chairs and more.



Sports Day



Seniors Day



Every year at the Lodge we celebrate seniors day. This is a day in which we honour and commemorate all of the profound meaning and value that seniors have contributed within our communities, families and work industries. We thank each and every one of our residents for contributing to the DNA of our society.



Halloween

Our residents and staff dressed up and enjoyed a spooky Halloween celebration at the Lodge.



Birthdays

OCTOBER BDAYS

Mrs. Hannah Fultner	Oct 1st
Mr. Robert Stevenson	Oct 4th
Mrs. Cecile Loubert	Oct 6th
Mrs. Dorothy Robertson	Oct 6th
Mrs. Marion Thomas	Oct 9th
Mrs. Esther Mathews	Oct 11th
Mr. Aziz Gadalla	Oct 14th

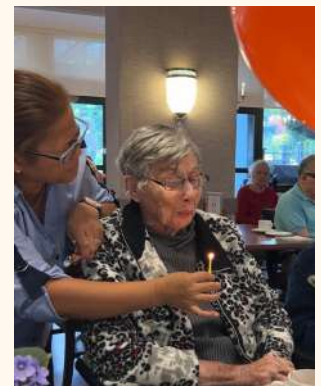
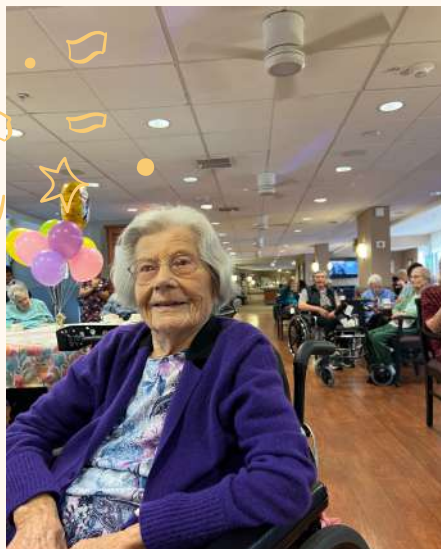
At South Granville Park Lodge, we have birthday celebrations every month to honour and celebrate our residents' birthdays.

NOVEMBER BDAYS

Mr. William Donnelly	Nov 15th
Mr. Elliott Grieve	Nov 15th
Mrs. Beverley Gropen	Nov 29th

DECEMBER BDAYS

Mrs. Beatrice Jorgensen	Dec 1st
Mrs. Shirley Scratchley	Dec 1st
Mrs. Patricia Chamberlain	Dec 7th
Dr. Geraldine Snyder	Dec 12th
Mr. Johann Burndorfer	Dec 18th
Ms. Sylvia Unkovich	Dec 18th
Mrs. Lidia Jacoli	Dec 20th
Mr. Angus McLaren	Dec 20th
Ms. Frances Newsome	Dec 25th
Ms. Carol Bolton	Dec 28th



— New Faces —

Welcome new residents!
We are so excited to create amazing memories
with you alongside meaningful days.
Welcome to the South Granville Park Lodge
family.



Mrs. Rita Harvey



Mrs. Blanche Butler



Mrs. Carol Ross



Mrs. Flora Ellis



Mrs. Margaret Nygren



Mrs. Hanna Fultner



Mr. Charles Bishop



Mr. Fred Hanson



Mrs. Jana Abramson



Mr. Kenneth Abramson

Bulletin Board

Fitness Class

11am & 12pm

Everyday in the friendship room



or join us for our daily

Walk a Block

Book Some Time With One of Our

Rehabilitation Assistants

Monday to Friday
Appointments at Reception



The Tuck Shop

At Reception: 10am - 2pm

Hairdressing



Wednesday 9am - 5pm

Book your appointment at reception

Massage Therapy



with
Trevor Garrecht, RMT

Book your appointment at reception

Library Services



Offering a selection of
audio books from the
Vancouver Public
Library

Books can be
signed out between
10am and 2pm

Large Print Books
are also available
at reception

Residents may obtain a
Cash Advance
from their

Comfort Account



At Reception From 10am to 2pm

Our Circle

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Follow South Granville Park
Lodge on Facebook &
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HONOURING AND REMEMBERING

We come together to honour the lives of
those who have passed away, our beloved
residents who graced us with their
wisdom, laughter, and enduring love.

It is with sadness we note the passing
of:

MRS. YIU CHING HUNG
MRS. LORRAINE HARRISON
MRS. ELEANOR GARDNER
DR. JAMES CULLEN
MR. HENRY DERAEDT
MRS. KATHLEEN "KATIE" DRYSDALE
MR. DICK CHONG
MR. MANNIE LONDON
DR. ALASTAIR MCLEOD
MR. DONALD DUNN
MRS. MARION COLES
MRS. RUTH WESTGATE
MRS. ISABELLA SLATER
MISS MARY ANNE KISSEL



Welcome to our Family

South Granville Park Lodge is an owner-operated family business offering intermediate and extended care to seniors in our community for more than 50 years. Our family comprises residents, their care providers, and advocates. We all live, work and visit here in our home, the Lodge



Thank you to
Motive Design
for their years of
dedicated
service to South
Granville Park
Lodge



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Gracious retirement living for more than 50 years



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