



NORMANNA
A Caring Home

**Summer 2019
IN THIS ISSUE**

**Mother's Day & Norway's
Constitution Day - 17th May**

Mother's Day is always a very special day at Normanna but on May 12th of 2019 the celebration at Normanna was exceptional with special guests and congratulatory greetings!

A warm welcome was given to the Honourable Mayor Mike Hurley on his first official visit to Normanna, along with City Councilor Paul McDonell who both paid tribute to all women on Mother's Day.



Councilor Paul McDonnell & Honorable Mayor Mike Hurley

Guests were greeted by Heleen Sandvik, Board Vice President and Myrna Latval, Board Ambassador, who extended a happy Mother's Day to all on behalf of Alan Frydenlund, Board President who was unable to attend

The beautiful day was enjoyed by over 150 attending in our Therapeutic Garden. As is the tradition, corsages to all ladies prepared and provided by Normanna Auxiliary, were presented to guests as they arrived. It is always a heartwarming moment to see the faces of our residents light up when they receive their lovely corsages.

In honor of Norway's Constitution Day, Kris Frostad led the singing of both Canadian and Norwegian National anthems accompanied by the melodic Tivoli Singers. Several selections were performed by the Choir to the enjoyment of those attending.

Speaking on behalf of the Auxiliary, Kathy Svendsen gave her uniquely heartwarming and humorous salutations always so well received by guests.

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A Message from the President



*Alan Frydenlund
President*

Thank you to the Leadership Team, Staff and Volunteers of Normanna who work so tirelessly to maintain the high level of care recognized by not only the residents and staff, but others in the industry.

We are proud that Normanna did, yet again, achieve Exemplary Standing by Accreditation Canada for our services. This is no small feat as only very few achieve this, the highest standard awarded. Also, this was done in a year of transition as last year we seamlessly separated our management from Dania and have been operating independently focusing on our facility and services. We are continuously fine tuning Normanna's operations, seeking input from guests, volunteers and the community to be a leader in providing care services.

I also thank the volunteer Board of Directors for their countless hours devoted to the guidance of Normanna. In addition to serving on the Board of Directors, they also volunteer and help direct the care of all the gardens and the buildings!

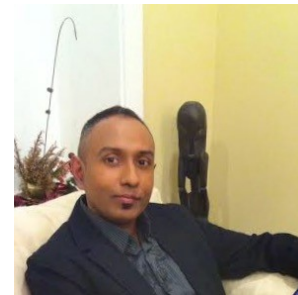
Normanna relies on volunteers from residents' families and the community. Please, if you have any time, consider volunteering to help one or more of these groups – gardening, auxiliary, one on one visits, spiritual support and daily recreational visits. To do so, please contact Leslie Torresan at 236-989-3719 or leslie.torresan@normanna.ca. We are looking forward to an exciting summer of activities for our guests in an ever improving program at Normanna.

*Respectfully submitted by
Alan Frydenlund, President*

A Message from Management

It is an honour for me to act in the capacity of Interim Executive Director for Norwegian Old People's Home Association.

The biggest accomplishment last year without doubt was Normanna achieving Exemplary Standing with Accreditation Canada which is the highest standing awarded. Achieving this special recognition for Normanna is attributed to the hard work and commitment towards Health & Safety of Residents including best practices displayed throughout the organization. The Board of Directors, Management and Staff celebrated this momentous success with a pizza party! (*see photos on page 15*)



*Ruben Goinden
Interim Executive Director*

We have also received recognition from Fraser Health in achieving the lowest risk for our annual routine inspection, 100% compliance in our InterRai Assessments and 100% in our reprocessing audit.

I would like to acknowledge our main contractors, CareCorp and Angel Food Services for their efforts towards Quality Improvement.

Since I have been working in this capacity of Interim Executive Director, I have received nothing but full support from the Board of Directors and my Leadership Team. Without their continued efforts, it would have been impossible to achieve our strategic goals for Normanna.

*Respectfully submitted by
Ruben Goinden*

Resident Caricature Rendition at Normanna

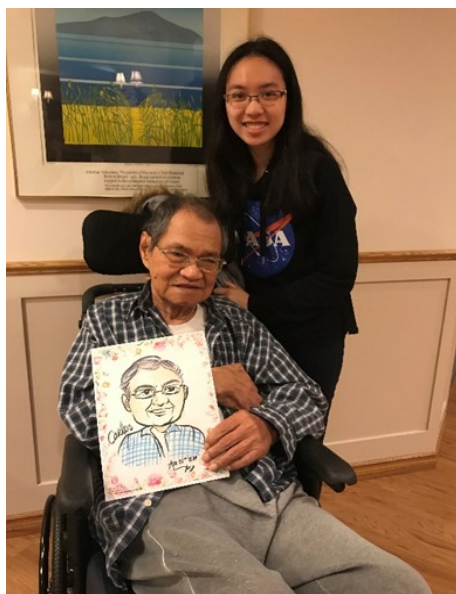
On Friday April 26th residents invited a professional Caricature Artist to Normanna.

Residents gathered in the Auditorium and were able to watch as the artist masterfully created a cartoon image of each of the participants.

Residents were thrilled with the results and getting to see a younger version of themselves brought much joy and laughter. These innovative programs help to bring out the lighter side of our residents; bringing an atmosphere of effervescence and jubilation which has proven to be infectious, and continues to result in increased moments of enjoyment.

Residents were able to have their caricature renditions framed to take back to their rooms to share with their family and friends.

*Respectfully submitted
by Leslie Torresan*



Easter Brunch a Bunch

This year Easter at Normanna was a family affair!

A festive Strawberry Brunch was planned to include residents, family and staff to celebrate Easter. The original plan was to hold the brunch in the courtyard but unfortunately the weather did not cooperate so the decision was made to hold the brunch in the front lobby. This decision turned out to be a popular one with guests arriving to the sweet aroma of freshly cooked waffles on the griddle and the savory smell of crispy bacon and juicy sausages.

Over thirty family members arrived throughout the morning bringing their loved ones to the lobby to partake and enjoy the waffle brunch. We were not so popular with the kitchen staff as residents filled up on waffles but we will know for next year to ask the kitchen to make a lighter lunch!

Brunch was followed by an Easter Egg Hunt. More than fifteen children were dressed up and eagerly ready to go with their Easter baskets in hand to hunt for the delicious treats. Not to be disappointed, the children, with the help of the residents, were able to find all of the hidden eggs in record time. This has become an annual event at Normanna and one that brings residents, family and staff together.

Respectfully submitted by Leslie Torresan



Normanna's Resident Family Council approved to receive a grant from The Vancouver Foundation.

Congratulations to the Normanna Resident/Family Council for successfully receiving a \$300.00 cheque from the Burnaby Neighbourhood House Small Grants Program.

When approached with the potential to receive up to \$500.00 for a neighbourhood grant from the Vancouver Foundation, Council Members voted to move forward with the application process. One of the requirements to obtain the grant was that all monies received would go directly towards an event that involves the community.

As Normanna has recently made a strong connection with the 2nd Street Community School, it seemed natural that the event include the students. A number of ideas were shared with the intent of including children and residents of Normanna. It was suggested that a common bond the two groups shared is the love of art and creative expression. After thoughtful deliberation, the idea of painting summer stones was suggested. This objective was met with resounding approval; and the idea for "Summer Stones for Seniors" was born.

Council Members worked with Leslie and Sharlene from the Recreation Department to fill out the application and Marlene M. and Ida C. signed on behalf of the Council. The idea proposed was to have the children of 2nd Street Community School come to Normanna and paint stones, along side with the residents, to commemorate Canada Day. Once painted, students and residents will place the stones on the grounds of Normanna for the neighbourhood to enjoy. A sign will be posted on the front lawn explaining the purpose of the painted stones and who the artists are.



Included in the grant application was a request for a Sno Cone Machine to be readily available for the artists to quench their thirst! To the surprise and glee of Normanna Resident & Family Council Members, the application was approved for the sum of \$300.00.

On the evening of Wednesday May 8th, Leslie and Marlene attended the cheque presentation ceremony at the Burnaby Neighborhood House, where Marlene was presented with the cheque for \$300.00.

The "Summer Stones for Seniors" will be held on June 18th and 19th with up to 400 children over the two days coming to paint the summer stones with the residents of Normanna.

*Respectfully submitted by
Leslie Torresan, Manager of Recreation,
Volunteers & Community Relations*

Norwegian Constitution Day celebrated on 17th May at Normanna

The Norwegian residents celebrated Norwegian Constitution Day with pride on Friday May 17th in the Auditorium surrounded by friends and family. When asked what the celebration was for, resident Solveig Hajum proudly declared "Norwegian Constitution Day is the celebration of Norway's independence from Denmark on May 17th 1814"

She also went on to tell the guests how much this holiday meant to her and her family and how pleased she was to share it with her fellow Norwegians and many friends at Normanna. In fact in Norway on May 17th Norwegian Constitution Day, the country celebrates and/ especially the children with many a parade. Before the Norwegians take to the streets, they will gather for a May 17th breakfast, often a potluck with friends and neighbours, with freshly baked bread, scrambled eggs, smoked salmon, and for the grown-ups, champagne. The residents suggested we continue this tradition for next year's Norwegian Constitution Day.

For this years celebration, a special cake was decorated with the Norwegian Flag to commemorate the occasion and musician Jason Methaney and partner entertained the crowd.

Respectfully submitted by Leslie Torresan



Normanna welcomes Owl Wildlife Sanctuary

On Wednesday June 22nd, Normanna welcomed two visitors from the Owl Wildlife Sanctuary for orphaned and/or injured raptors.

Chance, a Red Tailed Hawk and Mallory a Barn Owl; both were injured and now make the wildlife refuge their home, landed at Normanna much to the enjoyment of the residents, families members, staff and the children from 2nd Street Community School. This proved to be a fascinating, educational and Intergenerational Event.



The educator Zac delivered a delightful presentation on Raptors whose family consists of Eagles, Owls, Hawks, Falcons and Vultures.

Audience members were thrilled to be in the presence of such magnificent creatures. The presentation proved to be an educational one for all attendees as Educator Zac shared valuable information on ways to prevent these raptors from being injured.

The majority of the raptors who end up at the sanctuary have been hit by a car and have lost their capacity to live in the wild safely. Raptors are often found injured on the side of the road because of strewn litter including apples, cores and banana peels, attracting mice and small animals to the side of the road, which in turn attracts the larger raptor predators usually at night time when they cannot be seen by drivers.

This was a wonderful opportunity for residents to engage in a program that was not only entertaining but educational as well. Residents thoroughly enjoyed the presentation with resident Joan C. exclaiming:

"It is so nice to share this experience with the children."

Respectfully submitted by Leslie Torresan

Centurion Celebration

On Wednesday April 24th the residents and staff of Normanna were very honoured and proud to host a Centurion Celebration to honour centenarians living throughout the lower mainland. Invitations were sent to all Long Term Care and Assisted Living Homes a month before the event. Slowly but surely the RSVPs began to trickle in with centenarians ages one hundred to one hundred and eight years accepting the invitation. At the time of the planning there were two centurions living at Normanna but unfortunately one of the ladies passed before the event, but thankfully Balwant Sivia a beloved resident of Normanna, and who at a remarkable one hundred and six years of age, was able to attend the celebration with her family.

As the event drew nearer it became evident that getting a firm commitment from centenarians can be rather difficult which is to be expected considering their age. On the morning of the event residents and staff waited eagerly for the arrival of the centenarians. And arrive they did one by one walking and wheeling the red carpet accompanied by their loved ones, to enter the grand Auditorium; transformed into a venue rivaling the Academy Awards. The centenarians came from homes throughout the Lower Mainland including The Madison, Windermere, Lakeview, George Derby, Finnish Manor, Nikeii Home and Royal City Manor. On the day of the celebration, four centenarians were unable to attend; which left fourteen centenarians ages one hundred to one hundred and six to have their moment to shine.

Angel Foods presented a phenomenal meal; befitting of the regal centenarians, while the melodic sounds of the Chinese violin, the Erhu, lofted throughout the auditorium much to the delight of the guests.

To make this celebration even more special was the attendance of Dignitaries who came to pay their respects. The Honourable Member of Parliament Peter Julian, the Honourable Member of Parliament Alice Wong, City Councillor Paul McDonell, City Councillor Pietro Calendino and special guest Norwegian Vice-Consul Elisabeth Owre, who graciously made the champagne toast, were all able to make time in their busy schedules to take part in this special affair. The Dignitaries were all kind enough to sign the centenarians personal certificates which were then framed and presented to each centenarian for a unique and memorable keepsake of this glorious day!

The Normanna Home is well respected throughout the community and the Normanna Board, Auxiliary, staff and residents take great pride in this accomplishment. Events such as the Centurion Celebration encapsulate Normanna's excellence and demonstrates our dedication to give back and bring communities together. Normanna will continue to strive to be a pillar of the community and a role model for others to follow.

The Centenarian Celebration received media coverage from CBC, The National, CTV Mike McCardell, The Sing Tao newspaper and the on-line.



Vice-Consul Elisabeth Owre



City Councillor Paul McDonell



Member of Parliament Peter Julian



Ji-Rong Huang, Musician



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Cake Walk

Who doesn't love a Cake Walk? We now know the residents of Normanna sure do! On Tuesday June 4th at 3:30pm residents, staff and family members came together in the courtyard and joined in the musical promenade that is the "Cake Walk." Staff was particularly helpful during this event with many staying after their shifts to ensure all residents who wanted to, were able to participate in the event. The residents who could, walked independently; some of whom were able to push a friend in a wheelchair.



Ones needing assistance were helped by family, friends and staff. Residents were encouraged to walk to the music, freeze when the music stopped and land on a numbered cake. When the resident's number was pulled they were able to choose a decorative cupcake, with matching rings as their prize. Over fifty residents participated in the event with another twenty residents watching from the garden. The residents of Normanna are so very appreciative of the Therapeutic Garden and Courtyard and the many wonderful events that are held there throughout the year. The Cake Walk was no exception with residents asking when can we do it again?



Chopped Normanna!

Residents of Normanna enjoy watching the Food Network and the many shows featuring food competitions including Top Chef Canada, Best Baker in America, Wedding Cake Championship, Valerie's Home Cooking to name a few, but one of the most popular is Chopped Canada! These shows bring back fond memories for the residents of cooking for their families, and will often spark conversation. When residents are participating in therapeutic baking and cooking programs they are genuinely happy, content and engaged. These baking and cooking programs are extremely beneficial for residents with Alzheimer's and dementia as the familiarity of these past routines enable them to feel in control again; as well they instill feelings of pride and accomplishment.

One morning while residents were watching the Chopped Canada television program, staff overheard Mary G. a resident in the Special Care Unit exclaim, "I can do better than that". This comment gave the staff of Normanna a great idea; why not host our own resident cooking competition.

On Friday June 14th, the Normanna courtyard was transformed in to a Chopped Normanna set. Three Resident Chefs teamed up with three Red Seal Chefs to compete in the challenge. There was a definite buzz of anticipation in the air as staff and residents prepared for the big event. By random draw Top Red Seal Chef Nader chose Top Resident Chef Maria Cavaco, Top Red Seal Chef Sean chose Top Resident Chef Ann McClellan and Top Red Seal Chef Roberto chose Top Resident Chef Mary Grecko. Each team was given cooking utensils, a portable gas range, the use of the barbeque and items from the common table. Each team was also given a mystery box with prawns, a piece of halibut and fennel. Teams had fifteen minutes to prepare, cook and plate their dishes before presenting them to the Panel of Judges. Dishes were to be judged on presentation and taste on a score of 1-5 with 5 being the highest. The fifteen minutes flew by with lots of cheering, flaming dishes and magnificent smells!

As the clock struck down, the Special Panel of Judges which consisted of Lil Iversen, Director, Normanna Board, Helene Freeze, wife of resident David and Executive Assistant, Juby Sprake, eagerly awaited their judging duties. The Top Chefs from each team did not disappoint. The Judges had an impossible task of choosing the number one dish, but in the end, the decision was made to award the Chopped Normanna Challenge Championship to Top Red Seal Chef Nader and Top Resident Chef Maria Cavaco.



Chef Maria Cavaco & Red Seal Chef Nader

← *The winning Dish*

Continued from Page 1

Norway's Constitution Day, May 17th, 1814, was also celebrated and acknowledged with a presentation on the history of this momentous day and its meaning to the Norwegian people by Heleen Sandvik (Board Vice-President) followed by Ron Stubbings (Board Director).

Favorite entertainer John Parsons did not disappoint with many guests up on their feet dancing in the courtyard. A delightful berry cake with edible flowers prepared by Angel Food Services was a huge hit. Special thanks also to Angel Food Services for providing the fabulous Ice Sculpture that added a hint of elegance to the event.

A special thank you to all for your continued support to Normanna and for attending our annual events.

Normanna would like to acknowledge the Burnaby Now for attending the event and publishing a splendid feature in the May 30th, 2019 edition. *More photos on Page 14*

*Respectfully submitted by Myrna Latval
Ambassador, Normanna*



Normanna Residents find the Fountain of Youth in a Ping Pong Table

A Ping Pong table was purchased for the residents of Normanna to enjoy. No one quite new what to expect; would it be too challenging? would the residents enjoy it? would it take up too much room? The positivity of the staff and residents defied any negative thoughts and positivity won out.

Residents' eyes lit up and smiles were wide as the first residents wheeled up to the ping pong table. With the drop of the ball, the game was on and residents and staff continued to take turns with one on one matches against their opponents; Residents who normally are hesitant to participate in walking and/or morning exercise were bounding out of their chairs to get their best shot. Residents with varying challenges resulting from a stroke or limited vision did not back down.

The highlight of the afternoon came when resident Rudy who unbeknownst to the staff was a champion raquet ball player and avid ping pong player took to the floor and presented moves that brought the staff to tears. To see the determination and competitive nature come alive in him was priceless as he exclaimed. "I've still got it!".

Fast forward two months to Thursday May 30th as Normanna hosts their first Ping Pong Tournament! Tents and tables were set-up throughout the courtyard with the Ping Pong table front and center. Teams were scheduled throughout the day singles, doubles, staff and family all took part in the day long competition. Angel Food Services prepared a delicious hot dog barbeque for everyone to enjoy and afternoon ice cream floats were served to cool down the competitors. At the end of the day, the challenge came down to two mixed doubles Pamela and Shirley vs Carlos and Maria U. with Carlos and Maria U. coming out as victors! And She and Sharon and Mary G. vs Amy H and Johanna O., with Mary and Sharon getting the higher score! Staff doubles consisted of Gladys and Justine and at the end of the day all in attendance were victorious with a re-match Ping Pong Tournament planed for Thursday, July 11th!



From The Auxiliary



Kathy Svendsen, President

Hello, another year has come and gone and has also been busy.

We have several events, the next one is our Garden Party the 3rd Sunday in August, this year August 18th. Then in November we start baking Christmas cookies and cakes (Norwegian and Canadian), and making up other treats. These will be sold at the Christmas Event Sale the 1st Saturday in December. The proceeds go to Normanna Auxiliary, who use it to buy items for the residents.

On the last Monday in November we help decorating for Christmas – inside and outside, and on the 1st Monday in January we help taking the decorations down again. Then on Mother’s Day – which falls around the 17th of May (the Norwegian Independence Day) – we have a party in the Garden. (Page 6)

The Normanna Auxiliary has now only 15 active members, so we are in desperate need of new blood. Please join us, men and women, 1st Monday every month at noon. We have lunch first, and then the meeting. After the meeting we go upstairs, have music and serve coffee and cookies to our residents. We would love to have you!

*Respectfully submitted by
Kathy Svendsen*



Celebrating Exemplary Status—A proud moment!



Normanna President, Alan Frydenlund celebrating with staff



**Celebrating 75th Anniversary
at our annual Garden Party - August 18th
at 2:00 p.m.**

**Norwegian Old People's Home Association
1944 - 2019**

On May 4, 1944, a meeting was held at First Lutheran Church in Vancouver to discuss a home for seniors who were no longer able to keep house for themselves. It was strongly felt that there should be a home where they receive care and where they could enjoy their last years on earth.

The Declaration was made, the name to be "Norwegian Old People's Home Association" and the Home's name to be "Normanna Rest Home". The very first Board of Directors (nine members) was elected. Draft constitution and by-laws for the Association were approved on May 29th. Declarants were Norwegians: some representing Sons of Norway and various churches.

In 1948 the site was purchased. The mansion had been built for James Brookes whose Woodworking Co. on 6th and 12th Avenue was one of Burnaby's first industries.

In 1949 Normanna opened on January 14th; official opening on July 18th.

*Respectfully submitted by
Myrna Latval*

Coming Events: July – December 2019

Annual Garden Party

Sunday, 18th August, 2019 at 2:00 p.m.
Entertainment & Refreshments

Christmas Bake Sale & Bazaar

Saturday 7th December, 2019 at 12 Noon

Norwegian House Society

Look for Fall, Christmas and Spring events
Email: info@scandinaviancentre.org
www.scandinaviancentre.org



NORMANNA BOARD OF DIRECTORS 2019-2020

President – Alan Frydenlund
Vice President – Heleen Sandvik
Treasurer – Nizar Rayani
Secretary – Chris Hope

Directors

Jeff Bellerud
Viggo Svendsen
Ron Stubbings
Lise Leslie
Deborah Reynolds

NORMANNA LEADERSHIP TEAM

Interim Executive Director
Ruben Goinden
Executive Assistant
Juby Sprake
Manager of Finance
Alex Mathieson
**Manager of Recreation,
Volunteers & Community Relations**
Leslie Torresan
Recreation Coordinator
Sharlene Lamsen

NORWEGIAN OLD PEOPLE'S HOME ASSOCIATION

Mission & Values

Normanna provides quality residential healthcare services that reflect the values of trust, respect, caring & diversity.

Vision

To be a leader in providing comprehensive care through innovation and outreach for clients in need of care. To enhance our services in response to the changing needs of our community.

Therapeutic Garden & Auditorium Rentals

We rent and cater for special occasions such as Weddings, Birthdays, Celebration of Life & more

Please contact Juby Sprake
@ 604-515-3331

Or email juby.sprake@normanna.ca

THE NORWEGIAN OLD PEOPLES HOME ASSOCIATION

Welcomes new members
Life Membership \$25.00

Membership Forms can be downloaded from our website at www.normanna.ca