



# Annual Report 2015-2016



"Thank you for your kindness, and that of the entire Tabor team - it is very much appreciated. We were so pleased with the care and support for both mom and for our family."

# HONOURING SERVANT LEADERSHIP

Over the course of 2015-16, Tabor Village continued its vital work and mission to transform the experience of aging through leading innovations in residential living, wellness programs, and approaches to care that enrich the lives of older adults.

As you'll see throughout this annual report, we have our eyes fixed on the future with expansion in developing a new campus of care, such as in the acquiring the management of Valhaven Care Home. At the same time, we remain deeply committed to respecting and maintaining the core of what makes Tabor Village unique: the faith based and culturally sensitive care we provide to older adults, and their families, that cannot be found elsewhere.

In this report you will read about Tabor Village's donor-funded renovation project being planned for Cherry Lane, a memory care neighbourhood for people with advanced stages of Alzheimer Disease and other cognitive impairments. You will read about the therapeutic recreation programs, including music therapy, Osteofit exercises, library-on-wheels, musical performers and pastoral care staff who spark precious memories, and horticultural, art and pet therapy. And of course, you will see an unwavering commitment to the founding Mennonite principles of service to others and preserving an environment that respects the needs of our community members.



We are proud to highlight the ways in which Tabor Village has shared its expertise within the local community and beyond. The impact has resulted in a better world for seniors and their families.

And we celebrated the 55<sup>th</sup> Anniversary of Tabor Village, the Clearbrook Corridor project has advanced forward to enable the leveraging of community services centred around a hub and a network bringing together independent living, residential living, home support, adult day services, and a seniors centre. This is an exciting and important juncture in Tabor Village's history.

You are encouraged to read through this report for more understanding of how your support of Tabor Village is helping us to rethink aging, and the way older adults experience old age.

Thank you,

Hildegard Bandsmer,  
Chair, Tabor Home Society, Board of Directors

Dan Levitt,  
Executive Director, Tabor Village

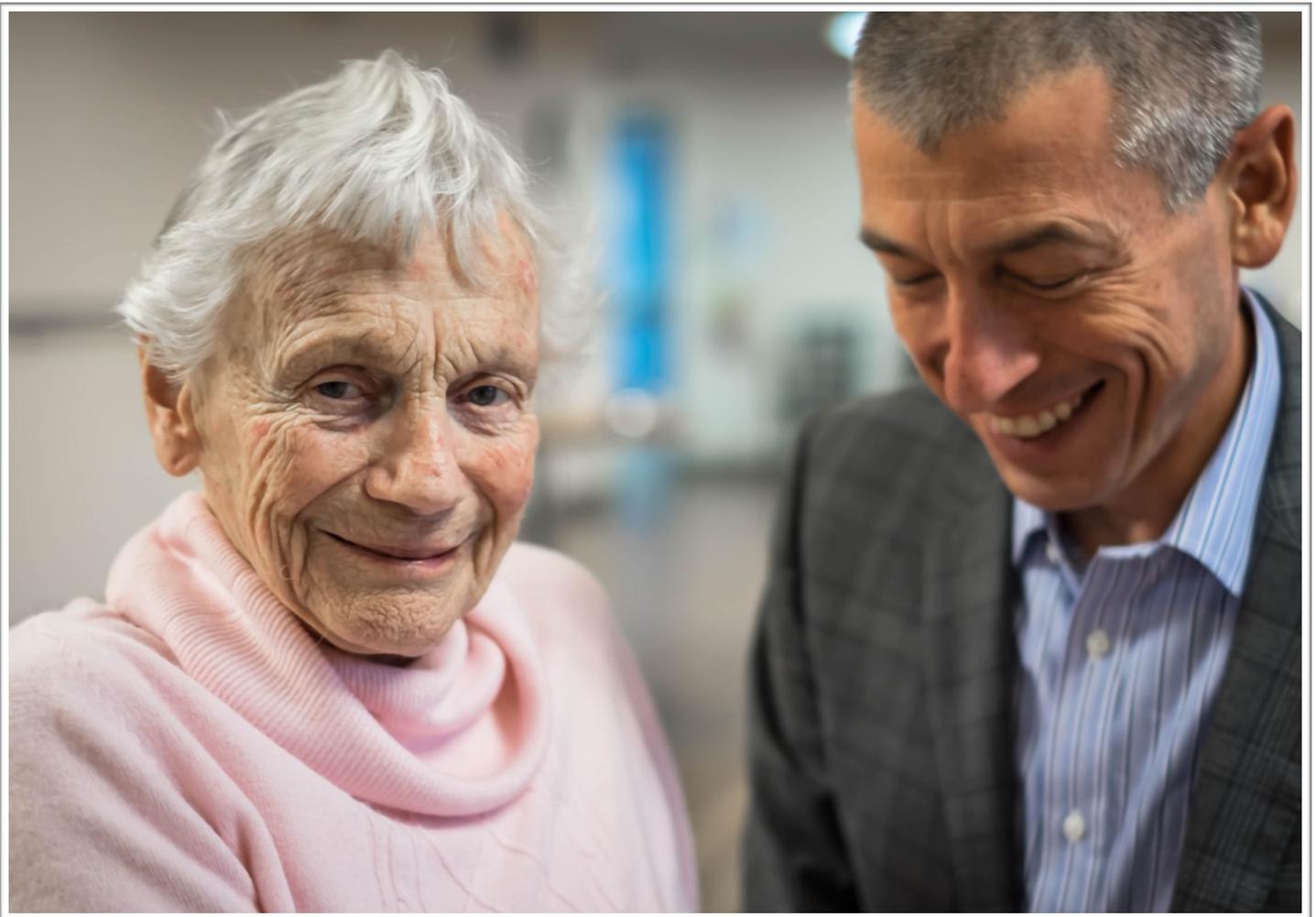
## VALHAVEN CARE HOME

In December 2015, Tabor Village acquired the operations of Valhaven Care Home in Abbotsford.

The 26 bed complex care community is owned by the Church of God in Christ Mennonite, and was previously operated by Communitas Supportive Care Society.

“This is a vibrant, aged care community with a long standing tradition of service to older adults and we are excited to welcome both seniors and employees to the Tabor family,” says Dan Levitt, Executive Director of Tabor Village. “Operating Valhaven strengthens our presence in the seniors care and housing market, and is an important step in our strategic plan to expand the reach of our programs and services.”

With the addition of Valhaven to Tabor Village’s portfolio, a not-for-profit organization, operates 144 complex care beds, 104 assisted living suites, 38 units of independent living and five rental houses.



**“Thank you for your kindness” - family member**



## **CELEBRATING 55 YEARS OF CARE FROM THE HEART.**

Family members (pictured above) enjoyed high tea together as part of the Anniversary celebration.

For the past 55 years Tabor Village has been providing care from the heart for the elderly in Abbotsford. Spurred on by the vision of Jacob J. Klassen, Jacob P. Martens and Abram J. Friesen, the Tabor Home Society was founded in 1959 by members of Mennonite Brethren churches in Abbotsford, Chilliwack and Yarrow. With provincial government support, a 39-bed personal care home was built. July 18, 1960 marked the occasion of the sod-turning celebration for Tabor Home.

Abram Friesen was appointed as the first house father. Katie, his wife, supervised the work of the staff and helped out in the laundry. Abe was responsible for the business and daily management and was the chaplain, counselor, and male nurse as required.

New additions were added in 1963 and in 1972, providing a total of 118 complex care beds. In 1987, Tabor Manor, a 38 unit apartment building for Independent Living was constructed and in 2006, Tabor Court a 104 unit assisted living facility opened. In 2015, Valhaven Care Home, a 26 bed complex care community located near Mt. Lehman and Downes Road joined the Tabor family. Today, more than 300 seniors, supported by more than 400 staff members and volunteers, call Tabor Village home.

Eleven participating Mennonite Brethren churches, whose ten thousand members are also members of the Tabor Home Society, have inspired the mission of Tabor Village to be at the forefront of seniors care and innovation, an employer of choice, a charity of choice, with an increased number of volunteers, and a renewed campus of care.

Proverbs 31:8 says, "Speak up for those who cannot speak for themselves, for the rights of all who are destitute." This proverb gives rise to the belief that the highest form of charity is to do our part to help others stand on their own.

Together we can ensure that the escalating needs of the growing number of seniors in the community will be met by renewed and strengthened partnerships supported by a continuum of care.

Together we welcome the hopeful faces of young students who complete their practicum placements, just as our newest employees are welcomed on board. Together we mourn with grieving families of older adults who struggled with dementia for far too long.

Together we watch as seniors pick up a paint brush, play a musical instrument, plant a rose bush, or take their first steps after years of being in a wheelchair.

Together we witness the joy of an otherwise non-verbal senior sit in morning worship services sing a hymn without missing a word, the seniors who got married at Tabor and this past Easter Sunday a baptism, the first in our memory at Tabor Village.

This is what Tabor Village is all about, transforming lives.



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## RENEWED MISSION & VISION

The new Mission, while maintaining its core of being a community providing care from the heart with Christian compassion and respect, has added strength in two ways.

With the addition of the word “vibrant,” the Mission articulates what Tabor Village already is and increasingly will become – a vibrant community with different types of environments that exude vibrancy, spirit, life and passion. So essentially adding the word vibrant is just catching up to who Tabor already is.

Vibrant means showing great life, activity, and energy; so it fits perfectly with what makes Tabor Village unique – a passion for serving others to experience a vibrant life. Secondly, the wording is now from a senior’s perspective rather than from the perspective of the organization. It is not enough that Tabor provides care from the heart. The mission is to have the senior experience care from the heart.

The Vision has been renewed to clearly articulate the preferred future for Tabor Village with key strategic priorities: An Employer of Choice, A Charity of Choice, Increased volunteers, a new Campus of Care. Underlying the future directions is a commitment to be at the forefront of seniors care and housing through innovation. Tabor Village will always be called toward building a better future through innovation.

### Our Mission

Tabor Village is a vibrant community where seniors experience “care from the heart” with Christian compassion and respect.

### Our Vision

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## SHARING EXPERTISE

The Tabor Village Falls Prevention Program, was featured in a poster presentation, at the 13th Annual Geriatric Services Conference in Vancouver, B.C.

Tabor Village believes that we have not only the ability to use our knowledge to help people at Tabor Village, but also the responsibility to educate people around the world on the best and leading practices for enhancing the quality of life for older adults. Whether through Tabor Talks education sessions, keynote speeches to seniors or health care leaders, articles in community newspapers or international publications, or through other means, the goal is to promote the sharing of expertise and new knowledge between professionals, other health care organizations, and the public.

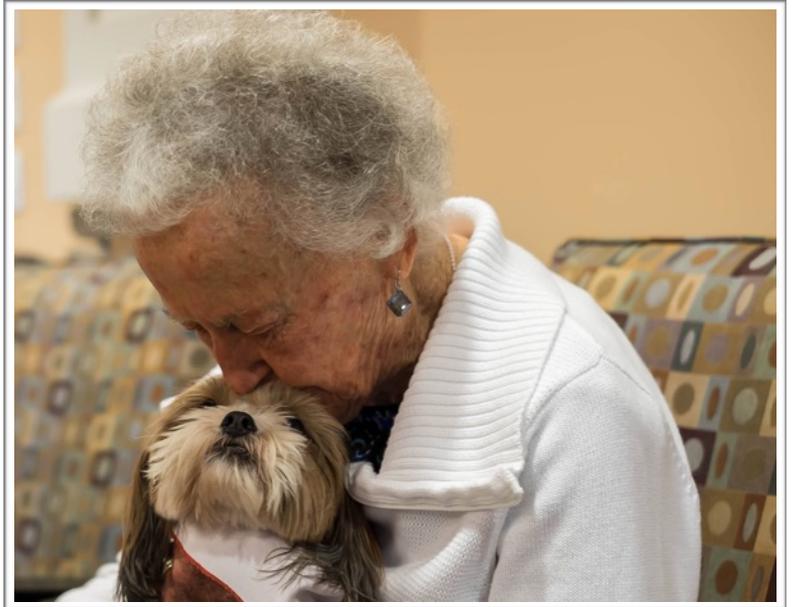
In sharing expertise, the dream is to inspire action that will stimulate and energize attitudinal shifts that trigger change in policies, and launch movements that cause positive change to happen. As influencers and visionaries, we help shape a different perspective that will ideally lead to institutions being replaced with homes, and turn the needle toward a different way of thinking about the way people experience the aging journey.

## COMFORTING

St. John Ambulance Therapy Dogs visit Tabor Village, bringing the feeling of joy to their older friends.

There is no medication that a physician can prescribe to remedy the isolation, loneliness and boredom that seniors often experience living in residential care. Alternate therapies are continually trialed. This past year was no exception with pet therapy being offered on a regular basis.

Studies have shown that holding or petting an animal helps lower blood pressure, release strains and tension, as well as ease feelings of loneliness and depression. A dog can give comfort that sometimes no words can offer. In Cherry Lane, the memory care neighbourhood, a cat provides ongoing pet therapy for seniors with advanced stages of cognitive impairments.



## CARING

With a group of chaplains at Tabor Village, a strong commitment to the holistic care of seniors has been centred around the person; this fundamentally begins with spiritual well-being.

Chaplains provide Sunday Worship, daily prayer services, hospital patient visitation, and individual spiritual care. As the lengths of stays in residential living compress, the need for supporting



individuals receiving palliative care, supporting family members walking along side a dying relative, as well as staff members who experience frequent loss of people they care for becomes paramount.

## CHAMPIONING

Tabor Village's Executive Director, Dan Levitt, and BC Premier, Christy Clark, talk seniors care at an Abbotsford community social event.



As the population continues to age, and cases of dementia rise, there will be increased pressure on the health care system to replace old nursing home beds, and to provide additional supports for seniors to age well in their communities longer.

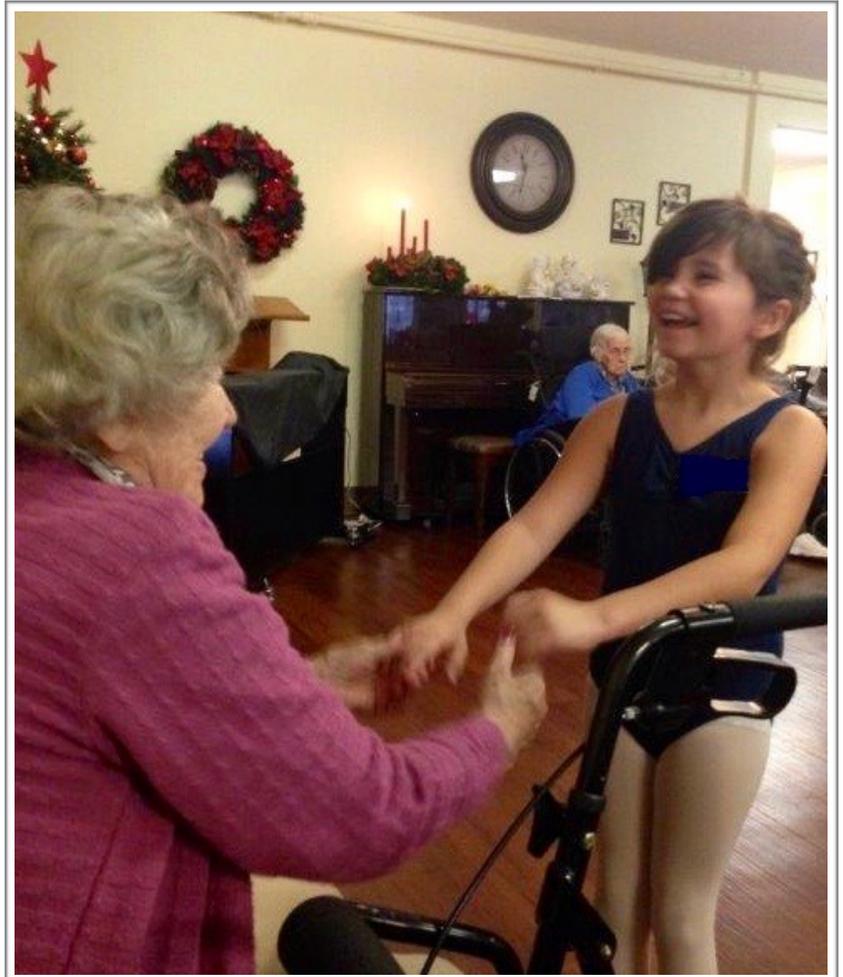
Tabor Village is well positioned to meet these challenges, and to continue providing excellent care, services, and housing for seniors in the Abbotsford community.

## CONNECTING

Tabor Village excitedly introduced an Intergenerational Ballet program, where students from a local elementary school became connected to seniors through the expressive arts.

Smiles and laughter abound on Thursday mornings as seniors and students spend time interacting in this engaging program.

The intergenerational program is supported through donations made to the Caring Heart Fund which supports important therapeutic programs.



## CARPENTRY

The Woodworking Club made beautiful wooden totes that can be used as either garden planters or magazine/knick-knack holders, or decorative swallow nesting boxes.

This task-oriented program covers key domains of health – physical, emotional, social, and cognitive – and brings many different older adults together in this exciting addition to the Leisure and Recreation program.

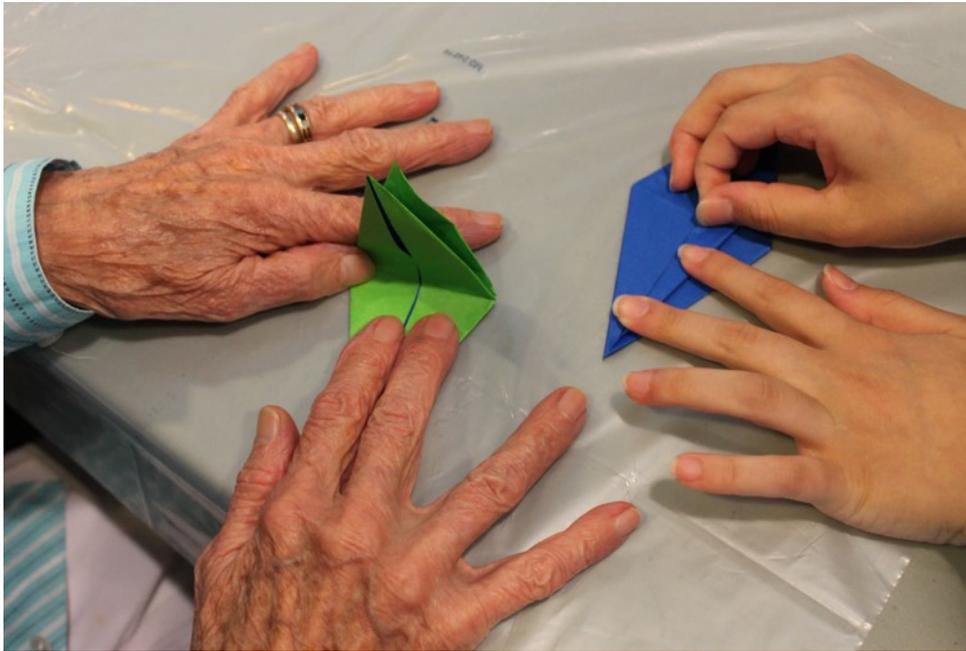
Tabor staff have been equipped to lead the Woodworking Club with the generous donation of some supplies, and plenty of knowledge, from an Abbotsford citizen who shares a passion for woodworking and seniors.

What a fabulous example of members of our community partnering with Tabor Village staff to bring meaningful experiences to those who call our campus of care their home!



# CULTURAL CONNECTION

Japanese Students from Hokuriku Gakium High School, 'sister school' to local Abby Christian, visited Tabor Court.



Students ranged from age 12-16; their Tabor Village hosts were age 70-96!

Wearing uniforms reminiscent of sailor suits, the students shared their talents: a beautiful piano solo, a choir singing Jesus Loves Me, and a soloist belting out John Denver's 'Country Road, Take Me Home' with great enthusiasm.

Students then demonstrated an exercise program that most of the Japanese population take part in each day at 6:00am, when it is broadcast over the radio.

Many seniors enjoyed following the simple movements. Then the seniors demonstrated part of their own exercise routine, and the students followed!

The intergenerational program led into smaller group activities: lessons in calligraphy, origami, and practicing the English language. Many life stories were shared, and the universal language of smiles, laughter, and mutual respect and love of learning, were evident as the afternoon progressed.

A wonderful visit!



## GREEN THUMBS

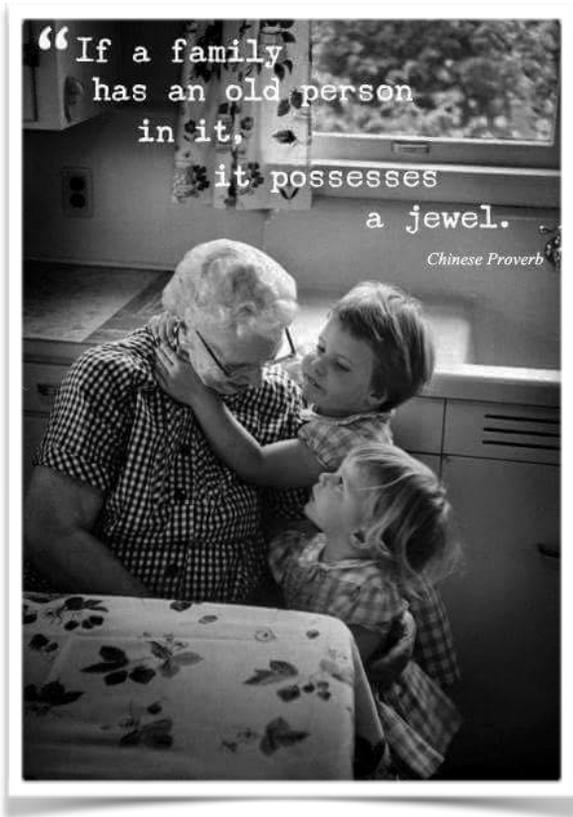
The gardening program at Tabor Village continues to grow (pun intended!) thanks to the hard and dedicated work of tenant gardeners, volunteers, and supportive staff.

Studies show that gardening can instill a sense of well-being, control, and accomplishment, that may be missing from lives that have experienced loss. It can also instill a sense of normalcy, allowing participation in a lifelong hobby or interest.

We are all excited to see wonderful fruits of the earth ripening in the garden, and look forward to seeing more soil covered hands and satisfied hearts.



# CELEBRATING GRANDPARENT'S DAY



## Tabor Village Loves Grandparents - Honouring our Grandmas and Grandpas.

On September 13th, Grandparent's Day, Tabor Village held a BBQ lunch event hosted by the Grandparents who invited their children, grandchildren, and great-grandchildren to join them for lunch.

The event featured hamburgers and hotdogs, corn on the cob, coleslaw, drinks, and ice-cream.

For an extra special treat, photo-booth style photographs of families were taken to celebrate their grandparent, and remember their fun afternoon!

Needless to say, the event sold out!



# DEMENTIA AWARENESS MONTH

As part of Alzheimer Disease awareness month, Tabor Village hosted a movie night featuring Still Alice.

The critically acclaimed movie, a screenplay adaption of Lisa Genova's best selling 2007 novel, is about Alice Howling, an accomplished Columbia University linguistics professor, played by Academy Award winner Julianne Moore.



# AWARD NOMINATION

Tabor Village was shortlisted as a finalist for the "Award for Best Human Resources (HR) Strategic Plan" in the Canadian HR Awards!

It is was a huge honour to have been selected alongside heavy hitters such as Canadian Tire and Blackberry.

Tabor Village is committed to being an Employer of Choice and is very grateful for the joint efforts of Director, Human Resources Corina Castronuovo, and Director of Resident Care Joanna Martin, in their development of this strategic plan.

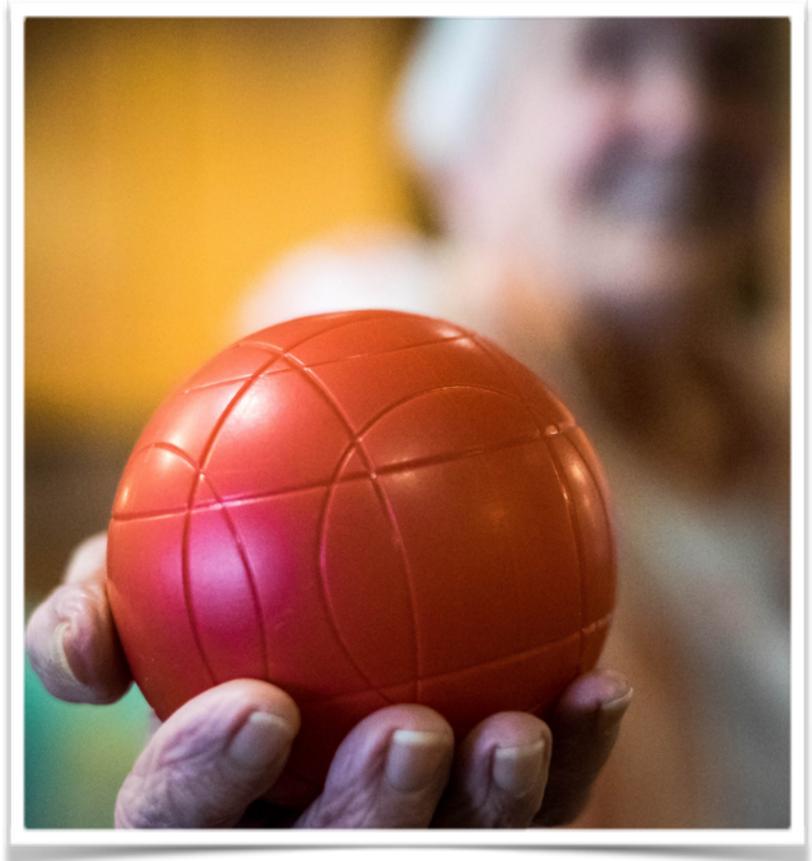


## PHYSICAL FITNESS

Fitness has increased at Tabor Village with a renewed focus on physical activity.

At Tabor Court, this includes exercise classes facilitated by a trained Modified Osteo Fit Leader. These classes take place 5 days per week, with a total of 7 classes offered, and cover a variety of fitness levels.

This is just one component of the physical programming offered at Tabor Village, designed to increase mobility, reduce risk of falls in our tenant population, and provide meaningful leisure experiences and opportunities for the seniors who call Tabor Village home.





## Our Mission

Tabor Village is a vibrant community where seniors experience “care from the heart” with Christian compassion and respect.

## Our Vision

Tabor Village is at the forefront of seniors care and innovation, an employer of choice, a charity of choice, with an increased number of volunteers, and a renewed campus of care.

## Our Values

The in-dwelling love of God, the transformational character of Jesus Christ and the inner energizing of God’s Spirit are the key dynamics which inspired our founders and those who have continued to provide SERVICE to seniors. We are always being invited toward building a better future through innovation.

**S - Servant Leadership** We lead and value leadership as an act of service, empowering others to be all they can be, knowing that we have an obligation to help and serve others.

**E - Empathy** Care from the Heart involves recognizing and entering into the feelings, thoughts and experiences of others, enabling compassion and understanding.

**R - Respect** Every person, being created in God's likeness, has inherent value and worth as a member of the human family.

**V - Vision** We accept that we have never fully arrived at our ideal destination and there is always room for improvement. We are always being invited toward building a better future through innovation.

**I - Integrity** Good service flows from character and actions that are consistent with the ethical and moral principles of honesty, justice and fairness.

**C - Community** Supportive relationships are nurtured by a sense of belonging, safety and commitment. We work together as partners with each other, our broader community and God to achieve common goals.

**E - Effectiveness** We are stewards of the resources entrusted to us, creating programs and services that make a positive impact on the lives of seniors. All efforts contribute to the enhancement of quality of life.