

SILVERA TIMES

DECEMBER 2021 ISSUE

Season's Greetings from Rob and Arlene

As another year draws to a close – another year we've endured the COVID-19 pandemic – we'd like to share our appreciation for and acknowledgement of the continued resilience of Silvera residents.

Our Silvera team has experienced this pandemic alongside you, learning many life lessons along the way. Many of you have experienced other historical challenges and you have been generous to share your stories and perspective with us.

The impact of the pandemic has made **living our best life** more difficult. However, we are cheered by the wonderful attitudes of many Silvera residents who, despite the challenges of the past year, show patience, kindness, and appreciation for their fellow residents and our Silvera employees.

Thank you for being leaders and examples of the good in this world. Earlier this year, you were among the very first to roll up your sleeves for the COVID-19 vaccine, helping to protect yourselves and others. You continue to

accept and follow the various and changing health restrictions.

This year, we hope you found a warm home at Silvera, that you made new friends, that you participated in new activities. We also hope you shared some of your skills and talents to make our communities richer.

Make 2022 a personal growth year and strengthen your personal sense of community. Together with your shared talents and leadership, our communities can become hubs of excitement and opportunity to live a rich life.

Our wish for you this holiday season is to continue bringing your best selves into 2022, a year we hope will finally see us on the other side of this pandemic.

On behalf of the Board of Directors, the executive team and all Silvera employees, we wish you health, peace and all the goodness the season has to offer.

*Rob Easson, Board Chair and
Arlene Adamson, CEO*

Happy 100th Birthday!

Shawnessy resident Mary 'Vivian' Anderson celebrated her 100th birthday on October 29. Mary celebrated her big day virtually with her family, and in-person at a party with residents, employees and entertainment by "Piano Time with Tim" Bowen. The Shawnessy team made special decorations for the party. Mary also got pampered with a manicure, pedicure, and hair-do, and topped it off with dinner from Chicken-on-the-Way, her favourite. Happiest Birthday, Mary!



Remembrance Day poppy display makes a meaningful impact



The Shouldice community received letters of appreciation from residents' families and community neighbours who appreciated the poppy display and the recognition of members of our armed forces. They wished to thank all who contributed the knitted and crocheted poppies and dedicated time to creating the beautiful display.

One family member wrote, "I visit my mom often at Shouldice, and am so impressed with the lovely display along the fence. It's so nicely put together, with the purple poppies for the military dogs and the Canadian flags along the bottom of the fence. Silvera should be so proud of this endeavour. It's an outstanding tribute to our veterans, their service dogs, and the residents too."

Residents provide input for new menus

Residents had an important role in the creation of the new Fall/Winter menu that was rolled out in November. The Dining Services team spent six months creating a new menu that incorporates residents' feedback from the previous seasonal menu.

Specific resident requests included:

- less pork and more beef options
- more “recognizable” menu items
- more comfort foods
- some higher end items
- more mashed potatoes
- more options at breakfast and fewer items with gluten

“We have a genuine interest in receiving all resident feedback,” says Krista

Gerelus, Technical Advisor, Dining.

“One of the added benefits of seasonal menus is that we can evaluate all comments after a

menu has run its course and make any adjustments before the next time it's used.”

The new menu offers prime rib dinner, rack of lamb, veal chops, lobster ravioli

and brisket all within the regular four-week rotation. It also offers a greater number of beef dishes, fewer meats cooked in gravy, and an added breakfast protein Wednesday mornings. There is more fish and many more days where mashed potatoes are offered.

Another goal was to amp up the supper options, which now include corned beef hash, pork tenderloin, Cobb salads, hot sandwiches, Thai beef noodle bowl, eggs Benedict, and house poutine.

The new menu for fall incorporates fall/winter vegetables, more stews and hot items along with warm desserts to suit the season and weather.

“Our new printed menus are in colour

and have item descriptors to provide residents with a better understanding of what is offered for the meal even before

they sit down at the table,” says Krista.

A new Dining Services Audit program is also underway to boost the overall food quality and presentation.



Top 7 over 70



Silvera recognizes Rob Easson, our Board Chair, for his exceptional leadership through the pandemic as well as his years of dedicated service to the citizens of Calgary.

As a nominee for the Top 7 Over 70 awards program, Rob is truly proud to have been considered with such an accomplished and dedicated group of Calgary leaders.

Rob Easson, Silvera's board members and our employees congratulate the winners of the Top 7 Over 70 for their outstanding contributions to Calgary. You make our city great!

Again, thank you to all who contributed to this meaningful display.

Congratulations! Our employees have made Silvera the choice of Calgarians

We are humbled Silvera has been chosen for a Calgary Herald & Calgary Sun Reader's Choice Award for Best Senior's Residences. We're thrilled with the recognition of our employee team, who provide exceptional, caring service to residents every day – and especially through the pandemic. We have loved serving Calgary seniors for nearly 60 years!



2021-22
Readers'
CHOICE
WINNER

