

# THE SILVERA TIMES

SILVERA'S COMMUNITY NEWSLETTER



## End of Life program offered to Silvera residents

A new program has begun at Silvera to help residents manage and learn about a variety of end-of-life situations.

“Grief and loss are realities for every person, but more so for the demographic we serve,” says Barbara Hagen, senior manager, Impact & Innovation. “It’s important to acknowledge the many losses people experience over the course of a lifetime and help them still feel that they’re living fully.”



## Memorial spaces being established in SL communities

Eje Ogheneovo, a social work student, is conducting a survey with residents in SL about setting up a memorial space in each community where residents can go to remember friends and neighbours who are no longer here. Many residents leave for higher levels of care, but some leave suddenly without the opportunity to communicate with friends at Silvera.

Barbara is developing a new advanced consent form for residents to sign if they want to share their basic information should they have to leave suddenly and can’t say goodbye themselves. The memorial spaces will allow friends, neighbours and employees to leave notices,

cards, photos and messages for residents who have moved away or for the families of residents who have died.

“Some communities have designated inspiration places where people can go for quiet time or prayer time, and we would like memorial spaces to be similar destination spots within each community,” says Barbara. “Having a common space to go to remember someone can provide a real sense of peace.”

The spaces will be important for employees as well as residents, says Barbara. “Employees understand the demographic of the people in our communities, but they can and do suffer from cumulative loss. They forge relationships with residents over the course of years, sometimes decades, and it can be really difficult when those relationships end.”

## Death doulas provide later life planning sessions

Eje is currently delivering a Grief and Loss education presentation to residents in SL communities. This summer, a death doula will provide two sessions on later life planning for residents who would like to talk about their personal plans for the end stages of life.

These are ‘beyond the paperwork’ sessions that do not deal with the legalities of wills and power of attorney but instead focus on personal planning, legacy and celebration – identifying what they would hope people say about them when they’re gone, what to leave behind, favourite memories and music, and people who should be advised when they die.

“Many residents seem to have a real interest in speaking about ‘later in life’ planning, whether



that is about MAID [Medical Assistance in Dying], palliative care or just the realities of dealing with their own many losses -- the people in their lives, mobility, health, independence, homes,” Barbara says.

“There’s not a clear line between living and dying. Silvera wants to support people all the way through their entire experience.” ■

---

# Westview Residence West opens!

On Friday, May 27, Silvera officially opened our newest independent living community, Westview Residence West, with a formal ribbon cutting attended by residents, Silvera executive and dignitaries.

The new community is a \$24.8 million, 82-unit apartment building providing affordable housing for seniors. It joins Westview Town Suites on the same site in Glamorgan, creating a campus of supportive living and independent living units.

If someone you know may be interested in learning more about the new community, call 403-567-5301 or email [CommunityLiving@silvera.ca](mailto:CommunityLiving@silvera.ca). ■



# Silvera releases latest Report to Community

This year, Silvera is marking 60 years as a provider of housing and services to older Calgarians. Our latest Report to Community reviews Silvera's past year of serving Calgarians.

2021 was a year of transition for Silvera: managing the consequences of the COVID-19 pandemic while advancing our strategic objectives to add more affordable housing spaces and improve services and supports that ensure older adults live fully and age successfully in our communities.

We were voted Best Seniors Residences in Calgary in 2021, receiving the Postmedia



Reader's Choice Award, recognition that our independent and supportive living communities continue to be safe places for older adults to live and access the supports and services they need.

"It takes a community of committed people to make Silvera a leader in the housing and seniors' sector, including employees, service providers, community supporters, and government partners," says Arlene Adamson, CEO, Silvera. ■



## Silvera artists display works at Rocky Ridge YMCA

On Tuesday, June 7, to help kick off Seniors' Week, several Silvera residents and employees attended a showing of resident art at the Rocky Ridge YMCA.

A private reception provided an opportunity for 10 Spruce and Aspen residents to display the art they created during a 12-session art program this spring, specifically designed for older adults by the YMCA.



Residents at Aspen and Spruce committed to attending the 12 lessons, once per week.

YMCA Art Program Leaders, Spruce and Aspen employees and resident artists were creative and flexible as they navigated outbreaks and weather challenges during the program. “It was an amazing collaborative effort,” says Barbara Hagen, senior manager, Impact & Innovation.



*“I looked at a painting and loved it because it was bright and cheery, then looked at the name and realized it was mine!”*

*“I can’t believe they did all of this for us!”*

Residents were excited to see their artworks displayed professionally and to share their creations with others.

The art show will remain open to the public (free of charge) at the Rocky Ridge YMCA through the end of July.



Silvera secured a private donor to fund this first effort as a pilot project through the Silvera Artist program, which supports current, new and aspiring artists to learn, develop and practice their skills. ■

**What our residence had to say about this unique experience:**

*“I have always been jealous of seniors who have art framed on their walls and who can say ‘I did that.’ Well, now that can be me!”*

*“This is the first time I have ever attempted to paint; now I am going to keep going with it.”*

*“I hated that picture when I made it, but it looks so nice framed!”*

*“This was a really important day and one that I will never forget.”*