

As we all know, Saint John is a very generous community. When I reached out to the **Long family** to help with our annual fundraiser, they did not hesitate to come on board as this year's **Honourary Gala Chairs**. For this, I am so grateful and it is what I find most rewarding in this job as Foundation Director.

This issue of our newsletter is dedicated to our families, all the volunteers, and supporters in our community who contribute to Rocmaura with open arms. We thank you for your kindness to help make life a little better for our 150 residents in their "home away from home".

**Sally Cummings, Director Rocmaura Foundation**

Chances are, you've seen Denise and Wayne Long out and about, whether as Saint John MP or formerly as President of the Sea Dogs hockey team. The couple participate in as many events in the area as they can. When Denise is not volunteering, her escape is her kayak on the St. John River. The former Community School Coordinator for Anglophone School District is now the Business Manager for Jo's Boutique at St. Joseph's Hospital, but her life wasn't always like this.

"I grew up on the East side of Saint John in a family of seven. Our family did not have a lot of money. That being said, I wouldn't change it for the world. My upbringing was full of generosity, wisdom, and love. It made me who I am today," says Denise. "My upbringing made me strong: it made me see the importance of women claiming their own voices."



Growing up, we didn't have money for gifts; A few of us shared the same birthday months. So birthdays were celebrated together, on one day in the middle of the month: one cake. To this day, we still have fond memories of feeling included, respected, valued, and loved. Instead of celebrating material things, we focused on celebrating each other and hanging out with our aunts, uncles and cousins. Material items will always be around: but the people and relationships in our lives bring us the fulfillment we seek. My parents worked hard to provide their family with a beautiful life, and they succeeded. The resiliency that I learned from my parents has served me well. Anything is possible with determination, but it is important to balance tenacity with compassion. Rocmaura Nursing Home is a great example. Seniors are living comfortable, safe, and vibrant lives—as they celebrate their golden years.

We have recently assisted my parents in selling my childhood home (their home of 49 years) to move to a senior community. It is never easy to face such major changes in life. However, I am comforted and confident in the well-being of my parents, as they transition to the next stage of their lives.



Thank you Rocmaura for allowing the Long family to participate in your fundraising Gala.

**THANK YOU FOR CARING!**

Knowing that our loved ones, our elders, are well cared for, is of fundamental importance — to both our families and our community. This is why it was important for my family to give back to our community. *Denise Long*

For the last 32 years, my husband Wayne and I followed the strong example of my parents in raising our two sons, Konnor and Khristian. I am happy we are now able to give back to the parents that have sacrificed for us and so much more. Like many New Brunswickers, we are facing the reality of our parents aging. Senior care homes provide a continued quality of life—assisting loved ones in growing old gracefully.



Konnor Long (left) is Territory Manager for Moosehead Breweries while completing his degree at UNBSJ.

"It's important as a young professional to get involved and support the various charities in the community." Konnor Long suggests that with so many good causes to choose from, young people should just try picking one that has a personal connection to you, and look for ways to jump in and get involved.

A common misconception he says is that many young people assume their contribution needs to be a large financial investment. He says there are many other ways to help, by joining a committee, volunteering, or fundraising. "We are the future leaders of this city and engaging in the community is widely recognized."

**KEFI** is a Greek word meaning joy, spirit, passion, happiness, triumph, mojo, excitement, feeling good, having fun, or loving life.



**Kefi Travel** is a group of like-minded people who enjoy travel, getting out of their comfort zone, and sharing experiences with friends and family. Followers get exclusive access to pre-planned adventures, can suggest and take part in planning their own adventures, as well as access traditional travel services. Being part of this community requires that each person have a zest for life and a desire to experience that joy with others.

As a Saint John based business, Kefi strongly believes in supporting the local community and, more importantly, those in the community that have made Saint John the great place it is today. Rocmaura plays an important role in providing many individuals with the quality of life they deserve. Creating and delivering quality experiences for clients is an objective that Kefi and Rocmaura both share.



John Simon is the President of Kefi Travel, and is excited to support Rocmaura's major annual Gala fundraiser with a trip to Greece valued at \$8000! One lucky bidder will go home with the trip of a lifetime!

~\*~

the reaction I hear when people learn that government funds the "necessities of life", and Rocmaura Foundation counts on generous donors like YOU to help provide all the other EXTRAS that improve our residents QUALITY OF LIFE.

**Some of our Needs?** We have 40 more wardrobe units left to build on Terrace Court at a cost of \$140,000. This project is 10 years in the making. We need an additional \$5000 to complete Memory Lane. The first half was generously sponsored by Canaport LNG thank you! We need new furniture for the entire home, new blinds & tablecloths for the main dining lounge. We need medical equipment like comfortable and mobile Gerri Chairs, fall prevention equipment like bed alarms and sensor pads, and ventropedic pillowcases and digital cameras for wound care management. Other items on our wish list include bed slings and a digital scale to weigh patients. For recreation purposes we need art supplies, CD's & CD Players, iPods, DVD's, calendars, lap blankets, head sets for hearing, magazines, therapy pets & baby dolls. We need welcome baskets with shaving cream & razors, treats, grip socks, deodorant, toothbrushes, hairbrushes, lipstick, small photo albums, & Open back clothing, PJ's, sweaters, hoodies & Silverts polar fleece capes. Call us 643-7090.

## Welcome Aboard!

Registered dietitian Karen Simon joined the Rocmaura team in April 2019, as our dietitian. Karen has had a long career as a community dietitian, known as the "Sobeys dietitian" and private practice dietitian. A few years ago, she left community practice and became a long-term care dietitian, (and still is doing private counselling, when not at Rocmaura). Karen enjoys the interaction with residents, families and staff at Rocmaura. Karen lives in Millidgeville with her husband David. She has 4 children, Alex (25), Sydney (23), Adam (21), and Sarah (19). Alex and Sydney have started their careers in Halifax and Adam is studying at St. F.X. University and Sarah at Bishops University. You may notice Karen's smile a bit larger in September, when Adam and Sarah head back to university. She and David will be empty nesters again! Karen has jumped right in to help the Foundation with the Gala and our new Foundation Café!



## Foundation Café Opens



Many thanks to all staff and Vito's for supporting our new Foundation Café. Leave your lunch at home, save yourself a few minutes and join us monthly for an inexpensive bite to eat while supporting Rocmaura Foundation ~ making lives better in our "home away from home." Next lunch Oct. 17.

**Why Give?** "I had no idea" is often

# Applause

Many thanks to the Knights of Columbus Council 6595 for their \$2500 donation to Terrace Court. "We want to make residents live with dignity and show them someone cares. Many people don't have a lot of visitors and we want them to spend their years feeling comfortable," says Kevin Brown. The Knights also donated a wardrobe for Terrace Court and they encourage others to contribute. With a \$3500 donation, you can have a plaque engraved in honour of a loved one. To donate call: 643-7090.



Recreation Manager Pamela Clark, Kevin Brown Knights of Columbus 6595, Sandy Bastarache Grand Knight, and Sally Cummings Foundation Director.



# In Full Bloom

Thanks to the Olive and Spear Families and the Saint John Horticultural Association for planting the beautiful flowers in our courtyard, and donating perennial pots for this year's Gala centerpieces! Every table gets to go home with a beautiful potted plant as a door prize!

# Memory Lane

Residents are enjoying reminiscing along our new Memory Lane Wall! **Flewelling Press** installed the new wall decals upstairs featuring vintage artifacts and historic photos from around Saint John. Many thanks to **Canaport LNG**, graphic designer **Bridget McGale**, and **Photographer Grant Kelly**. This project was a year in the making, and it's not done yet. Stay tuned for the official unveiling soon! You can help donate to this project! Please call 643-7090 to find out how to help!



# The Bakers Dozen

We are paying a special tribute to Malcolm Barry at this year's Gala. Malcolm passed away in June at age 86. His wife Frances lives at Rocmaura.

Dad said, "I am so glad Mom is being taken care of so well", says daughter Joanne Palmer. You will often see one of the Barry family visiting with residents at Rocmaura on a daily basis. "Keep the Faith" were words Malcolm lived by.

"From our first meeting at Rocmaura prior to Mom being admitted it was very welcoming, informative, and organized. We as a family are so pleased. She settled in so well. The Recreation Therapy programs are awesome with Singsongs, Special Events and Lunches. We enjoy shopping at the Clothing Sales for Mom, and our parents especially loved seeing the little ones parading through the halls in costume at Halloween.

Malcolm loved his "Bakers Dozen" and named his boat after them. He was an excellent athlete, loved sports, politics, and playing guitar. Family life and living never stopped when Frances moved into Rocmaura. Malcolm and Fran celebrated birthdays, their 63<sup>rd</sup> wedding anniversary, Canada Day celebrations, and weekly mass, all at Rocmaura.

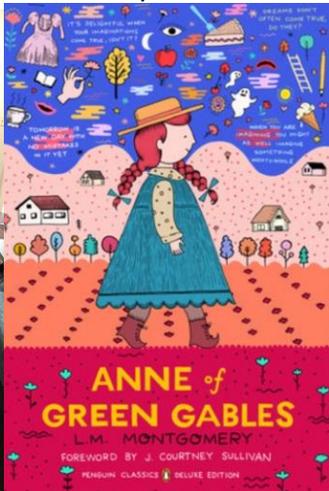
Malcolm was a kind supporter of Rocmaura Foundation. He purchased tables of tickets to the Gala and encouraged his family to donate gift baskets for the auction. When Malcolm suddenly became ill, his family says he felt at ease because he knew Frances was well cared for here.



# Come from Away



Mary Gallagher visits with her son Steven from Moncton and granddaughter Siobhan from New York City. She has worked in the big apple for six years as an illustrator. She drew this cover for the special edition Anne of Green Gables. How cool is that? Mary has lived at Rocmaura for 5 years. There are so many interesting people who come through our doors. Do you have a story? Please tell us yours! 643-7090.



## Our Facebook Likes

Edith Chilton Rocmaura does a really good job looking after the residents and make them feel at home

A donation in memory of Peggy Evans. Thank you for the care you have given this lady and the way you have treated her family and friends while visiting. Thank you

Carla Olive  
It was so nice this afternoon at Rocmaura. Lovely performances by young teens, and outside for refreshments. The Recreation Dept sure knows how to make the most of a sunny day!!

# pretty in pink Rocmaura Gala September 28, 2019

This year's dance with "that 80's band" is sure to get everyone up on their feet. **Get your tickets to our dinner, auction and dance for \$125 and get a \$60 charitable tax receipt. Tables of 10 are \$1250.** A limited number of dance only tickets are available for \$35. Dance opens at 9. Call 643-7090! Ask about our Payroll Plan.



Artist Lana Langille-Doucette will be painting LIVE at the Gala again this year! Her artwork will be auctioned off in the Live auction. Thank you!



## Many Thanks To Our Community of Caring People

### Contact Us!

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Thank you to Meteorologist Cindy Day for volunteering to be our Gala Host for seven years!



Thanks to Liz Isaac Appraisals for putting a value on all our Gala auction donations!



Sally Cummings, Director

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