

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

-Gardenside

INSPIRED SENIOR LIVING WITH



Be *Among*
Friends

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement.

Words for August

August is here — ushering in the end of summer and painting the world in the warm hues of sunflowers and sunset skies! It's a month that feels slow and easy as we savor the heat and begin to settle back into our routines.

UPCOMING DATES

Date of event: August 18th-
Monthly Birthday Party



Words from Helen, General Manager

This month reminded us how important connection is. Whether through a visit with family, a conversation with our team, or time spent enjoying activities together, these moments make a meaningful difference in our residents' lives. Thank you to our residents, families, and staff for continuing to make Gardenside such a caring community.



Words from Malisha, Director of Care

Welcome to the first edition of the Gardenside Newsletter! It has been a pleasure getting to know our residents, families, and team members over the past several months. As we continue to grow and strengthen our community, this newsletter will serve as a monthly way to share updates, celebrate accomplishments, and highlight the wonderful people who make Gardenside so special. As summer begins to wind down, we are excited for the many changes and improvements ahead. We welcome your feedback, suggestions, and concerns, as open communication helps us continue to provide the best possible experience for our residents and families. I look forward to connecting with you through future editions and sharing all the exciting things happening at Gardenside in the months to come.

You're Invited ---



Friends and Family BBQ in the Courtyard!

August 07th 12-2pm

Please come and join us for a friends and family
BBQ. Cost of lunch will be \$20 which includes a
burger , sides and a drink.

Please let reception know if you are attending





Adventure Awaits on the Tri-Bike

Resident, Lionel (left) and Anne (right), enjoyed a sunny bike ride with our Life Enrichment Assistant, Wendy (middle) taking in the fresh air and beautiful surroundings. These outings bring smiles, support well-being, and create meaningful moments together. Family members are encouraged to ask staff about booking a Tri-Bike ride for their loved one. It's a wonderful way to enjoy the outdoors and stay connected to the community! Ask us about booking a Tri-Bike ride for your loved one while the weather's still nice.



Mally's 100th Birthday Celebration

Ismalia (Mally) was born on July 9, 1926, in Shanghai. She and her husband immigrated to Vancouver in November 1993. Mally is a proud mother of two, grandmother of three, and great-grandmother of five.

She enjoys music, dancing, and lawn bowling, and brings a wealth of life experience and joy to our community. Congratulations on this big milestone from all of us at Courtyard Gardens!



Friendship Knows No Floors

A warm welcome to our newest resident, Peggy (left) who came from the Assisted Living side of the building. Recently, Peggy enjoyed a lovely visit with her friends Shirley (middle) and Eva (right) from upstairs. It was wonderful to see them sharing stories, laughter, and friendship together. Moments like these help make our community feel even more like home. Come spend some time in our private outdoor courtyard, where residents can enjoy fresh air, sunshine, and good company.



A Relaxing New Spa Experience

We are delighted to introduce our beautiful new spa room in the Gardenia Wing, thoughtfully designed to provide residents with a peaceful and comfortable place to relax and unwind.

Featuring personalized resident cubbies, warm towels fresh from the towel warmer, and an integrated weight scale built into the bath chair, the spa room combines comfort, convenience, and safety in a welcoming environment.

Residents can enjoy a soothing soak in warm water while gentle therapeutic jets provide a relaxing, spa-like experience, promoting comfort, well-being, and rejuvenation.

If you haven't had a chance to visit yet, feel free to ask a member of the care team for a personal tour of our new spa room.



A New Display in the Works

Our care team members, Aida (left) and Dolly (right), were assisting with the preparation of an exciting new display that will celebrate our community. The project is being developed and will be finalized by the Leadership teams. We look forward to sharing the completed display with residents, families, and care team. Stay tuned for more details and the official unveiling in the coming weeks.

Meet the Team: Nurse Nannete

This month, we're excited to introduce Nannete, a dedicated member of our nursing team. Nannete began her healthcare journey as a Health Care Assistant, working for two years after graduating from the Licensed Practical Nurse (LPN) program in 2017. Originally from Taiwan, she moved to Vancouver in 2012 and worked as a caregiver before joining the Courtyard Gardens team in 2022.

Outside of work, Nannete enjoys spending time with her loving husband, going for walks outdoors, and sharing good food with good company. Her positive attitude and willingness to help wherever needed make her a valued team member. As Nannete says, "When I come to work, I'm ready for anything," whether that means stepping in for last minute shifts, adjusting a fire alarm sensor, or even plunging a toilet for a resident. Her flexibility, compassion, and commitment embody the spirit of teamwork at Courtyard Gardens.



Whether big or small, I'm here to help.



You can find me laughing away with the residents or my coworkers

Meet the Team: Lorna, Housekeeper

During her time at Courtyard Gardens, Lorna has worked across all housekeeping shifts and has also assisted in the Dining Department. She takes pride in helping daily operations run smoothly and contributing to a positive workplace culture. She believes that being approachable, respectful, and willing to lend a hand can make a meaningful difference. Lorna also brings many years of experience supporting older adults. She worked as a personal companion for 10 years, helping residents with shopping, accompanying them to hospital appointments, and providing reassurance and companionship. She also volunteered for two years supporting residents as they participated in activities and social programs. Outside of work, Lorna enjoys spending time with friends and trying different restaurants. She is a proud grandmother of three.



New Program Annoucement: Golden Moments

This new Signature Program will be launched across all Verve homes and is designed to create meaningful experiences and lasting memories for our residents, families, and team members. This is an exciting opportunity for our communities to come together and make a positive and lasting impact through compassion, creativity, and connection.



Tribute to Norma

Our Gramma, Norma Mol, passed away peacefully on July 18, 2026. For the last few years of her life she did not remember a lot, and had challenges communicating. But through it all she usually had the brightest smile on her face and was happy to be where she was. We cannot thank the staff, and all of her neighbors, for all of their kindness and support in keeping her happy and safe. We know she is back with her loved ones that she remembered and missed so much, just as we will miss her until we are with her again. With Love and Thanks Tracy and Brandie



Lavender in Bloom

Our new dried lavender wall planters are bringing beauty and calming aromas to our hallways. These lovely displays create a welcoming homelike atmosphere while offering the gentle therapeutic scent of lavender for residents, families, and team to enjoy. We're also excited to begin growing our own lavender in the Gardenside courtyard garden and look forward to using future harvests in our displays!



Diabetes Education Seminar

Our team recently participated in a Diabetes Mellitus Education Seminar led by Ellie, Malisha, and our wonderful pharmacist, Maria, from CareRx.

The session provided valuable updates on diabetes management, including new medications, monitoring systems, best practices for medication administration, and a refresher on recognizing the signs and symptoms of both high and low blood sugar.

In addition to clinical updates, the seminar reviewed Verve's policies and procedures related to diabetes care, helping ensure our team remains current with evidence-based practices and continues to provide safe, effective, and resident-centered care.

Thank you to all the team members who participated and demonstrated their commitment to ongoing learning and quality care.



Monthly Fire Drills

To help ensure the safety of our residents, staff, and visitors, we conduct fire drills on a monthly basis. These drills provide an opportunity to practice emergency procedures, review evacuation protocols, and ensure everyone is familiar with their roles and responsibilities in the event of an emergency. In the event of an evacuation, our designated Muster Point is Richmond Secondary School.

COURTYARD GARDENS RETIREMENT RESIDENCE

