

the Inspired times

FOCUSING ON THE INSPIRING RETIREMENT JOURNEY AT YOUR VERVE RESIDENCE

INSPIRED SENIOR LIVING WITH



Every leaf is a reminder of the beauty found in every season of life.

Be *Among* Friends

Each month we highlight ways we help Verve residents in any of our locations experience the fullness of life in retirement. This month, we're exploring the theme of kindness.

Words for September

Our residents are enjoying the beauty of the changing season as autumn's vibrant colours begin to brighten our surroundings.

September brings a gentle change of season, cooler mornings, colourful landscapes, and new opportunities to connect and create meaningful moments together. As summer fades into autumn, we look forward to the comfort, beauty, and activities this season brings.

UPCOMING DATES

Tues, Sept 8th: Egg-Venture Day

Tues, Sept 22nd: Birthday Party

Tues, Sept 29th: Pub Night Terry Fox



Words from Helen, General Manager

August was an exciting month in Gardenside with the opening of the Sunflower Nook. It has been wonderful to see residents enjoying the refreshed space and spending time there together. We look forward to more activities and special moments as we move into September.



A caring community is built one meaningful moment at a time

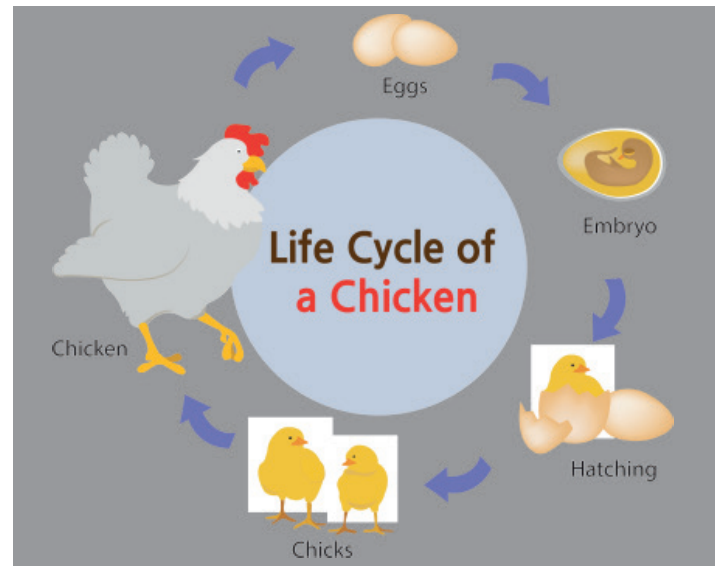


Words from Malisha, Director of Care

What a busy and rewarding month August has been! Seeing residents and families embrace the Sunflower Nook and Community Hub has been a wonderful reminder of how important connection, comfort, and community are in daily life.

As we look ahead to September, we are eager to continue building on this momentum with seasonal activities, our "eggUcation" chick hatching program, and Terry Fox Pub Night. Together, we continue to make Gardenside vibrant.

Connection, kindness, and laughter are what make Gardenside feel like home



Coming Soon: A Live Chick Hatching Experience!

This September, residents will have the exciting opportunity to participate in an eggUcation™ Live Hatching Program. The program allows residents to observe fertile eggs as they develop and hatch onsite, offering a unique and engaging experience right here at Courtyard Gardens.

Throughout the program, residents will be able to watch the chicks grow, follow their development, and enjoy the excitement of hatch day. The experience encourages conversation, connection, and learning, while providing a meaningful sensory activity that can spark memories of childhood, family farms, and caring for animals.

The hatching program also creates wonderful opportunities for family

involvement, giving children, grandchildren, and loved ones a special experience to share with residents. All equipment, eggs, educational materials, and support will be provided by eggUcation™, making it easy for everyone to enjoy this memorable event.

Once the program concludes, the chicks will return to the eggUcation™ family farm in Langley, where they will continue to be raised and cared for.

We look forward to welcoming these special little guests on Sept 8th and sharing this exciting experience with our residents and families!



A Space to Connect - Community Hub

We're excited to introduce our new **Community Hub Bulletin Board** and **Sensory Garden Pillar**, designed to engage residents, families, and team members.

The Community Hub features a Kindness Corner, Education Corner, Fun & Games, Celebrate Us, Your Voice, and our Virtue of the Month, currently highlighting Professionalism. These interactive spaces encourage learning, recognition, feedback, and connection.

Adding to the area is our Sensory Garden Pillar, bringing nature indoors through a variety of textures and greenery. This calming feature provides sensory stimulation while adding beauty to the space.

Together, these additions help create a welcoming environment where everyone can stay informed, engaged, and connected.



A Warm Welcome: John

We are pleased to welcome our newest resident to the Gardenside community. Originally from Kelowna, BC, he worked for many years at a food company and enjoyed living with his brother, Tony. He moved to Vancouver to be closer to family and lived with his sister, Helen, and brother-in-law, John. After residing in Assisted Living, he recently joined us at Gardenside. He enjoys spending time with family and relaxing while watching TV. We are delighted to have him join our community and look



New Menu Feature: Bibimbap

Thanks to our Dining Service Manager, Soojin, we're excited to introduce Bibimbap, a popular Korean dish, to our menu. This colourful and nutritious meal features seasoned vegetables, tender protein, and rice, all served together in one bowl. Known for its vibrant flavours and wholesome ingredients, Bibimbap offers a delicious way to explore Korean cuisine while enjoying a balanced and satisfying meal.

Fun Fact: "Bibimbap" means "mixed rice" in Korean, as all the ingredients are traditionally mixed together before eating!



A Warm Welcome: Robert

Please join us in welcoming Robert to Gardenside. Robert worked as an Electronics Technician and is now enjoying life in Richmond near family. While his family calls him Robert, friends know him as Bob. He enjoys watching TV, spending quiet time, and sharing his sense of humour with others. Bob is always willing to lend a hand, especially when his height comes in handy for putting up decorations!



Caught Reading the News

One of our residents, Lionel, was all smiles while reading the August edition of the Courtyard Gardens newsletter, especially after spotting his photo featured inside. He proudly shared the newsletter with others and enjoyed seeing himself highlighted in the community. The August edition received wonderful feedback from residents, who appreciated the stories, photos, and opportunity to celebrate the people and moments that make Courtyard Gardens special.



The Sunflower Nook: A New Space to Feel at Home

On August 19, Courtyard Gardens celebrated the grand opening of The Sunflower Nook, a cozy new space created in response to residents' requests for a quiet area to relax, browse books and magazines, listen to audiobooks, or simply enjoy a peaceful moment.

Residents and families often share that Gardenside is "looking more like home every day," while many have commented on the importance of having inviting spaces and "something pretty to look at." The Sunflower Nook was designed with this feedback in mind, transforming an underutilized area into a bright and welcoming addition to the community.

The project came to life through the collaboration of many team members. Special thanks to Megan, Life Enrichment Manager, and Eric, Environmental Services Manager, whose teamwork helped bring The Sunflower Nook from idea to reality. Adding a beautiful finishing touch, the sunflower mural painted by our General Manager's daughter, Sara, has quickly become a favourite feature, bringing warmth and colour to the space.

The Sunflower Nook also celebrated Janet Clark's Golden Moment. Janet's love of books, literacy, and lifelong learning inspired many throughout the community. Through the support of the Friends of the Library, guests gathered to share stories about Janet's passion for reading and her dedication to promoting literacy. Four of Janet's longtime friends, along with Susan Walters, Chief Librarian of Richmond Public Library, reflected on Janet's contributions and the important role she played in supporting literacy initiatives in Richmond as she was an instrumental part in

Since opening, residents have embraced the space, stopping by to browse reading materials, enjoy a quiet read, connect with friends, or simply relax. The nook has quickly become a popular destination and a meaningful addition to daily life at Courtyard Gardens.

The Sunflower Nook is more than just a reading corner. It reflects the voices of residents and families, celebrates community partnerships, and creates opportunities for learning, connection, and enjoyment for all who visit.

COURTYARD GARDENS RETIREMENT RESIDENCE



Meet the Team: Hermania, Nurse

Hermania completed her Bachelor of Science in Nursing in the Philippines and worked as a Registered Nurse for 3 before spending 15 years as an Operating Room Nurse in Saudi Arabia. In 2001, she moved to Vancouver and continued her nursing career as a Licensed Practical Nurse. She joined Courtyard Gardens in 2006 and has been providing compassionate care to residents ever since.

For Hermania, nursing is more than a profession; it is a vocation. She believes that, "If you love your work, you will enjoy it," and this philosophy has guided her throughout her career. She especially enjoys caring for seniors and appreciates the opportunity to provide meaningful, person-centered care each day. Outside of work, she enjoys travelling and recently visited Japan and Korea, although she also considers herself a homebody. Guided by the belief that "It is better to give than to receive," Hermania brings dedication, and a



Respected for her dedication, professionalism, and accountability



Known for her generous spirit, she often shares fresh produce from her garden

Meet the Team: Gabriela, Healthcare Aide

Gabriela moved to Vancouver from Poland in 1979. With a background in social work, she began working as a Health Care Aide in 1980, continuing her passion for helping others. She has been a valued member of the Courtyard Gardens team for 20 years, starting as a casual employee before moving into a part-time role. Gabriela says, "I like what I do because I like to help people. It comes from my heart," a philosophy reflected in the compassionate care she provides every day. Outside of work, she enjoys gardening and maintains two plots at the Richmond Allotment Garden Association. She also serves on the Board of Directors for the Polish Veterans Association, helping organize community events. A proud mother of two, Gabriela enjoys learning about herbal ingredients and caring for her beloved 40-year-old turtle.



Two Peas in a Pod

Lillian (left) and Louise (right) first met in 2024 through shared activities and quickly became great friends. Louise made the first move, striking up a conversation that soon led to many laughs and memorable moments together.

Whether they're enjoying arts and crafts, music, bus outings, or putting their heads together during trivia and crosswords, you can often find them giggling away side by side. Lillian describes Louise as someone who is always up for an adventure

and a good time. In return, Louise admires Lillian's cheerful personality, wicked sense of humour, and the joy she brings when her family visits. She has even affectionately nicknamed her "Queen Vanilla" because of her love for vanilla ice cream.

Their friendship is filled with laughter, kindness, and fun. If you see these two around Gardenside, don't be shy, stop by and say hello!



Excellence in Action

On August 18, Courtyard Gardens received an unexpected visit from our VCH Licensing Officer. Thanks to the dedication, professionalism, and teamwork of our care team, Nanette, Valentina, Arlene, Lovepreet, the visit was a great success, and we passed with flying colours.

A heartfelt thank you to everyone who helped ensure our home was well-prepared and reflected the high standards of care we provide every day.

Join us for Pub Night to Fundraise for Terry Fox on Sept 29th at 6pm



Terry Fox Fundraiser Pub
Night with live music by the
ShoeShakers

September 29th at 6:00pm

Burger and Beer for \$10

Please sign up with reception

Family and Friends Welcome!

All proceeds go to the Terry Fox Foundation



COURTYARD GARDENS RETIREMENT RESIDENCE

