

THE TABOR VILLAGE NEWS



TABOR VILLAGE
Providing Care from the Heart



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Opinion: Is joie de vivre the secret to a long and healthy life?

At 89 years of age, Dr. Ruth, known for her wise counsel on all matters of the heart, credits her good health and sharp mind to joie de vivre. In a recent interview, the famous sex therapist shared her secrets to a long and healthy life. She considers herself to be very fortunate; she narrowly escaped death from the Holocaust, was raised in an orphanage in Switzerland and was a sniper in Israel's War of Independence. She immigrated to America after spending years studying as a student in Paris and has spent her life combining her intellect and emotional spark to change the way we think about life and love.

Her advice on living life to the fullest starts in the bedroom with getting a good night's sleep. She doesn't take any calls before 10 a.m. She keeps very busy.

Is out six nights a week, has lots of friends, teaches at Columbia University and continues publishing books.

Dr. Ruth has a great sense of humour. She stands 4-foot-7. When taking her grandchildren to an amusement park, she wasn't allowed on the rides because she didn't meet the height requirements. Her height has never stood in her way to embrace all of life's pleasures. According to the Talmud, "a lesson taught with humour is a lesson retained." Know your limitations.



(See full article, Vancouver Sun, Dan Levitt
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Dan Levitt

Executive Director, Tabor Village
Adjunct Professor of Gerontology,
Simon Fraser University

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Andrea Critchley

Volunteer Coordinator

As our New Volunteer Coordinator, Andrea oversees over 100 volunteers across Tabor Village and is expanding those numbers daily. Her passion is creating and finding meaningful opportunities for both the volunteers and the residents to connect with each other. Andrea believes that connecting the generations through valued relationships and mutual respect is what creates a healthy and caring environment for any community.

We know that God has an individual plan and purpose for every life, so at Tabor we create and identify opportunities to help our volunteers grow and develop in who they were created to be. We see this evident in the lives of our student's volunteers from MEI and CBC as they grow in their leadership abilities preparing for their future careers and callings.

Our volunteers are the heart and soul of Tabor Village as they bring a passion for "Caring from the Heart." The positive difference that they bring, infuses health and wellness into our residents, caregivers, families and staff. If you would like to be part of this dynamic team of leaders, contact Andrea Critchley at volunteerservices@taborvillage.org



Bill Dyck

Board Member, Prayer Partner

Bill has been a man of prayer for over many years and knows the impact that prayer has in his life, his families and in the lives of others. As a board member of Tabor Village, Bill has helped to set the vision of championing the Prayer Partner Project of Tabor Village to ensure God's guidance and blessing is on all that we do.

He brings his years of experience, education, skills and passion to help make Tabor Village an excellent place of "Care from the Heart."

In 2004 after his wife, Charlotte was diagnosed with Alzheimer's disease, Bill spent much of his time caregiving to his beloved Charlotte at Tabor Home, until her passing in April, 2013. What a beautiful example of love and faithfulness they have displayed.

We are thankful for Bill's leadership in identifying that we need to continue to be community of a prayer. Bill will be connecting with our churches along with Chaplain Ray Harris to ask for your partnership in prayer support for our upcoming projects at Tabor Village. Thank you for your continued support and care with the power of prayer.



Ray Harris

Chaplain, Spiritual Care Coordinator

Ray came to Tabor Village this past fall, September 2017. He has served as a pastor in adult ministries, pastoral care, seniors' care and music. Ray also has been a teacher, a musician and leader in the community. He has interests in theology, literature, gardening and watching sports. He and his wife enjoy their family of three married children and their six grandchildren. Family and faith are very important to them.

Ray brings his love of God and love for people to his role at Tabor as Spiritual Care Coordinator (Chaplain). He considers it a privilege to offer daily prayer and devotions for residents, meeting one-on-one for conversation and prayer, encouraging and praying for staff and families, and connecting with local churches to support their ministry to their elders. Ray sees tremendous opportunity and challenge in the aging population of our society and wants to contribute his gifts and skills to enhance life for residents and tenants at Tabor Village.



Family Focus: Carol and Vern Heidebrecht

"My grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." —2 Corinthians 12:9

This is and has been the LIFE VERSE of **Pastor Vern Heidebrecht**. This verse continues to be his testimony of God's grace in the health journey that Vern and Carol have experienced these past years. As **Senior Pastor at the Northview Church**, loving husband and father and the world's best grandpa, Vern lived to love and care for his family, friends, congregation and staff. As a man who lived his life tirelessly giving to others, he would not have imagined that one day he would need it in return.

At 63 years old, Vern and his wife Carol, received the unexpected news that Vern's health would dramatically change with the diagnoses of Parkinson's disease. Carol shared, "Vern always had a vision, a plan and a goal that he focused on in his life and yet he graciously accepted the changes to those as they came. He never went through depression or questioned God, but rather relied on Him for strength and courage every step of the way."

2 "To value and genuinely love and care for people is what makes the lasting difference in the lives of others, when we

walk through these journeys. I am so thankful for the amazing staff that have made Valhaven become my second home and been so caring for us in this whole process. One thing I have held on to in all of this, is that God is there, no matter what you are facing. God is always there for us. I have seen that in our own lives and even now, more than ever, seeing how God has walked with us through this journey. The verse that has carried me, Psalm 46:1, 'God is our refuge and strength, a very present help in trouble.'"

These beautiful words spoken by an amazing woman who has walked this journey alongside of her husband with grace and dignity.

We are so thankful for the loving family members like Carol, who contribute to the caring and loving atmosphere at Tabor Village. We are reminded and inspired by her life, Vern's life and so many others, that none of us know the exact journey for our lives and where it will lead, but we do know who holds the future and the Hope and Refuge that we have because of Him.



Social Work Services: Leona Penner

In the Social Work Services role Leona Penner provides supportive services to residents and family members at Tabor Home and Valhaven. In her role, **Leona helps residents and families to transition from the previous living environment to their new home.** Leona helps residents access community resources, provides direct clinical services, supports social and emotional needs of the residents and their families, helps with conflict resolution, and gives voice to the “voiceless”. Leona assists residents and families with advanced directions and care planning decisions and walks along with them on their life journey at Tabor Village.

Leona is committed to find out and share

“What matters most for each resident and family?”

Leona’s approach is holistic which recognizes the interplay of social, psychological, physical, spiritual, and cultural factors for the overall well-being of a person. In her various roles, Leona has applied counselling and relationship building skills to assist people from diverse backgrounds and across all age groups.

Leona has more than ten years of experience in community living, health, mental health, social care, and education. Continuing professional and personal development is important to Leona. Leona’s education qualifications include

BSW from the University of the Fraser Valley, and BSc and MSc in Psychology from the London Metropolitan University.

Here at Tabor Home we are always striving to improve what we do, we are open to suggestions and we actively seek feedback from everyone involved. We have very active **Family and Caregiver Council** that meets every month to discuss various issues. One of the key roles that a family and caregivers council play is to promote improved communication and collaboration between family members and facility staff, and management.

As an organization that focuses on senior care we want to provide more than exceptional service to our seniors.

We want to empower our seniors to be what they can be.

We are currently working on developing a **Family Care Partner program**. This new program will focus on helping our new families and caregivers to navigate their way around the home when they first move in.

We are providing care from our hearts to our residents and families, but then again in all we do we are relying and looking upon to our God for strength and wisdom to guide and inspire us.

Director of Resident Care: Joanna Martin

Joanna provides clinical leadership at Tabor Home. She leads the dedicated **Nursing and Interdisciplinary Team** to promote best practice and evidence based care while ensuring Provincial Licensing and Fraser Health Authority standards are met.

She has a passion for elder care that maximizes independence and individualized care to our complex care residents. She has many years experience as a Registered Nurse in both the acute and long term care settings. She has worked as a Director of Care at various facilities in Abbotsford, Langley and Vancouver since 1998. Joanna has completed her Continuing Care Management Certificate. She has presented at the Inter RAI National Conference and the BC Patient Safety and Quality Council Annual Conference and is a member of a College RCA Program Advisory Committee.

Upholding the missions and values of Tabor home—**“caring from the heart”** is important to Joanna as she works and serves the residents, families, staff, board and community partners of Tabor Village.

Resourcing and Employment Opportunities

Tabor Village values resourcing and educating our health care professionals and others in the community through a variety of ways. **Tabor Talks** are hosted for professionals to present best practices and leading edged information to others in the industry as well as continued learning programs and seminars. We also value the connections in our community, colleges and universities to give employment opportunities for students and additional care and support service people. We are happy to provide employment, services and care to our community. See our website for career opportunities.

When is it time for Residential Care?

We recognize that many families are supporting their loved ones longer in a home environment these days, and there does come a point where residential care is needed.

Residential care is not a housing alternative but a clinical care service, considered a last option in an adult’s

journey. Before considering residential care, Fraser Health staff will help you and your caregivers explore options that can help you keep as much independence as possible.

- Most people already receive services from Fraser Health before requiring residential care. If you are receiving service and have a community case manager, talk to them about your needs and wishes.
- You may also contact the Home Health Service Line at 1.855.412.2121 (7 days a week, 8:30am–4:30pm) to request an assessment.
- A community case manager will come to your home and complete an assessment to determine your care needs and your eligibility for residential care.



For information on the options available for you and your family with Tabor Village, call 604.859.8715



Concept Illustration: Final design may vary



TRANSFORMING TABOR VILLAGE

What New Things Are Happening at Tabor Village?

Tabor Village, founded almost 60 years ago, has been built out of love and respect for those needing assistance as they age. Today, Tabor offers independent living, assisted living and complex care to almost 300 individuals in four separate residences. True to the heritage of the founding churches, the mission of Tabor is to be a vibrant community where seniors experience **'care from the heart'** with Christian compassion and respect.

The Tabor community of over 400 staff and volunteers has a legacy of service, and a history of dreaming what might be possible, and then creating it; of never settling for status quo when it comes to creating a better life experience for older adults, their families and the staff members that serve them.

From humble beginnings, Tabor Village has grown to become a critically

important community. Given the reality of our aging population, where there are now more people in Canada over the age of 65 than under the age of 15, it's no surprise that the demand for quality and contemporary seniors support and care is continuing to increase.

Compounded by the increase in dementia-related disease, such as Alzheimer, there is also a great need for new approaches to caring for these older adults, and this is where Tabor Village plans to be a leader by offering a new model of the complex care.

Tabor is responding to the challenge of improving complex care for seniors with a bold plan to **replace the existing Tabor Home complex care facility** on the Abbotsford campus with an innovative new model for residential living and care. This new 'household model' incorporates private bedrooms into a larger 'home'

space where seniors share a common area with a living room, den, dining room and kitchen. In this new design, very little is identifiable as an institution.

A lot is happening at Tabor Village these days, as a team of committed people have begun to work closely with their participating congregations, family members, staff, volunteers and the broader community across Abbotsford, as well as with Fraser Health, BC Housing and the city of Abbotsford, to achieve the ultimate goal of **'Transforming Tabor Village'**.

In the months ahead, watch for details on the Tabor Village campaign to bring to the Fraser Valley a dynamic and innovative approach to the care and support of older adults; an approach that emphasizes the vitality of mind, body and spirit, while being truly transformative.

