

# LutherCare Light

A SAFE AND CARING  
CONTINUUM OF LIVING™ FOR ALL

SUMMER 2023  
LUTHERCARE.COM



**PROVIDING  
EXCELLENCE**  
IN CARE, SHELTER  
AND SUPPORT  
**SINCE 1955**



# A MESSAGE FROM OUR CEO

**"A safe and caring Continuum of Living™ for all".**

As LutherCare Communities continues in pursuit of our vision, it is important to reflect on the present to maintain best practices for the future.

The COVID-19 pandemic posed many fundraising challenges, but none too difficult to deter our dedicated Team Members from thinking outside the box; a pie box to be exact. Back in 2022, the LutherCare Foundation and the Fund Development Council created the Nice as Pie Day fundraiser as a placeholder for the Annual Stair Climb Challenge, which could not move forward due to the pandemic. It also provided an opportunity for reflection and a display of gratitude for those who make life sweeter.

With the return of the Stair Climb Challenge in February of 2023, Nice as Pie Day moved to May 12th and was a rousing success. Breaking the previous years record, 238 pies were sold, raising over \$5,000 for the Foundation. Proceeds from the fundraiser will be used towards initiatives that support the vision and mission of LutherCare.

As an organization, LutherCare is incredibly blessed that our residents wholeheartedly embrace our vision, mission, and fundraising efforts. Residents throughout LutherCare were instrumental to the success of Nice as Pie Day.

It was incredible to see firsthand the sense of community our residents have created across all of our communities.

The energy and excitement surrounding this act of giving was palpable. The surprised smiles, laughter and joy as pies were gifted from Monica Kreuger, Chair of LutherCare's Board of Directors, as well as the Executive Leadership Team, Team Members, residents, and our community partners, is a wonderful reminder of the caliber of individuals who make up the heart and soul of LutherCare.

From Team Members who have spent their careers dedicated to supporting our residents and clients, to our residents whose life experience and trusted feedback aids LutherCare in identifying top priorities for the organization, there is so much to celebrate in the present as we look towards the future.

On behalf of LutherCare, I would like to extend my sincere gratitude to our donors, residents, families, and Team Members. Thank you for your commitment, dedication, and for being part of our organization. Your generosity allows us to continue to provide excellence in care, shelter, and support in a nurturing Christian environment for all entrusted to our care.

**-Gabe Lafond, CEO, LutherCare Communities**

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Donations to the LutherCare Foundation support the vision and mission of LutherCare Communities. To learn more about the LutherCare Foundation and how to get involved, scan the QR code below or call (306) 649-6364.



# Meet John Courtney!



**"We are very happy here! Luther Heights is the perfect place for us."**

Professor John Courtney was born in Regina, Saskatchewan in 1936. As an academic, John began his studies in Regina at Luther College, before transferring to the University of Manitoba to study architecture. While reading about the curriculum for the program, John decided he was better suited for the arts and majored in English. He quickly realized a passion for political science, and went on to receive his MBA. He eventually made his way to North Carolina in 1960 with his wife, Helen, where he obtained a PhD in political science.

"My family was living in the USA on the cusp of the southern civil rights movement. Drinking fountains and washrooms were segregated and there were no black students at Duke University where I attended. Change is so important. The civil rights movement was profound and captured the attention of the world.

We took part in boycotts and sit-ins. It was a tremendously important time in American history and set the stage for diversity and inclusion today," says John.

He continues, "words like diversity and inclusion were not even in our vocabulary 50 or 60 years ago. I'm glad we are seeing more representation and diversity in leadership for organizations such as LutherCare. We've got a long way to go, but we are making progress and I hope to see more in my lifetime."

The Courtney family moved back to Canada in 1963 and settled in Saskatoon where John worked as a professor at the University of Saskatchewan for 39 years in the political science department. Over the course of his career, John authored, co-authored, and edited ten books and numerous articles on the subject of political science. His most recent book *Revival and Change: The 1957 and 1958 Diefenbaker*

# Meet John Courtney!



Elections was partially written when John first moved into Luther Heights. He celebrated the publication with a book launch party held at Luther Heights which was attended by Team Members and residents.

"The book launch was a full house! At the end of my introduction of the book, residents of Luther Heights shared stories of meeting Diefenbaker. It was a wonderful experience," says John.

This was an experience that may not have happened if not for an incident with a faulty furnace during a cold Saskatchewan winter. Since then, John and Helen made the move to Luther Heights and have not looked back.

"We love it here. It's perfect for us. We reached the point where we are glad we don't have to shovel. There is even a vegetable garden here! This is something we have never done before, but we are learning."

John continues, "staying active is very important to us. Helen has taken the dining room over for her painting, we walk everywhere, we are very happy here."

Another reason the Courtney's chose to move to Luther Heights was for the companionship.

"Luther Heights has so much to offer in terms of companionship. There are so many group activities like morning exercises and movie nights. There's a lot to be said for how companionship contributes to quality of life. Everyone here is so friendly and the Team Members are terrific. We have a wonderful community here," says John.

Without the typical demands that owning a home can bring, John is able to focus on continuing his research projects and participating in activities that fit his active retirement lifestyle. This includes celebrating an impressive 64 years of marriage with his wife Helen and spending time with their two children, six grandchildren, and two great-grandchildren.

LutherCare is grateful to have incredible residents like the Courtney's as part of our community!





**Spiritual Care is best defined as caring for the heart and soul of an individual. LutherCare's Spiritual Care division provides spiritual and emotional support for residents, family, and LutherCare Team Members regardless of religious background or spiritual beliefs.**

"Let us consider how we may spur one another on toward love and good deeds...encouraging one another." - Hebrews 10:24-25

Never underestimate the power of a small gesture, encouraging word, or token of appreciation. During church one week at Luther Heights, I noticed two young women sitting with their grandmother, radiating and extending a bright light to others around them. Unbeknownst to me, these young women were about to bless me rather unexpectedly, for after lunch they offered to pray and lay hands on me. They began fervently praying for the ministry of LutherCare and particularly Luther Heights asking God for guidance and

opportunities. At the end of this prayer, I felt moved to tears. This brief encounter had left a great imprint on my heart. Clergy and those who serve in helping professions often have a natural inclination to bring support and love to others, yet it feels very special to experience a reciprocal exchange of tenderness.

Since coming to Luther Heights, I have experienced this love in so many ways – cards slipped under the door, words of appreciation, and even residents knocking on my door with a cupcake.

Today's passage encourages us to look for ways to build each other up – through words, actions, prayers and intentions. I am grateful to be part of an organization like LutherCare that always strives for excellence and looks for the best in each person.

- Deborah Ferber, Chaplain at Luther Heights, ICH, and the Senior's Centre

# Celebrating Disability Support Workers Week



**LutherCare Communities operates 11 Group Homes that provide adults with developmental disabilities the opportunity to live in a community-based, family-style setting. Dedicated Team Members including Disability Support Workers help residents to lead active and independent lives.**

Josephine is a Disability Support Worker and has been with LutherCare since 2020. Before coming to LutherCare, Josephine has always had a passion for helping others. "It's so important that our residents know that they matter and that they are loved. This career path allows me to create strong relationships with residents while ensuring that they are supported," says Josephine.

She continues, "I spent some time at one of LutherCare's independent living communities and I was blown away by the love and care I saw Team Members providing. When I decided to move here I did more research and my values really aligned with LutherCare's."

"I knew this is where I wanted to continue my career. I am so grateful to my Team Members and LutherCare for this recognition! The work we do here is so important."

Lukman is a Disability Support Worker who has worked with LutherCare since 2022. "It makes me so happy to bring smiles to our residents faces. LutherCare has a great reputation and the Team Members and residents inspire me to be my best self everyday. I love what I do!" Lukman says. He continues, "I appreciate LutherCare recognizing Disability Support Worker's Week. It's crucial to increase awareness to the important services Group Homes provides."

LutherCare would like to thank all our team members for their dedication and support. We look forward to continuing to celebrate Disability Support Workers Week next year!



# Cheers to 32 Years! Darryl



## Martin's Retirement

**"I often find myself wondering which suite I might move into someday. There's just such a strong sense of home here."**

After 32 years of service, Darryl Martin is retiring. Darryl began his career with LutherCare Communities as a cook at Luther Special Care Home in 1991. He transitioned to a position in the maintenance department before taking a job as LutherCare's Property Manager in 2008. Later that year, Darryl was offered a position as Housing Manager at Luther Heights, before eventually becoming Luther Tower's Housing Manager in 2011, where he has been ever since.

"The community at Luther Tower is wonderful. There's always a buzz of activity and a feeling of energy throughout the building," says Darryl.

As one of LutherCare's longest serving Team Members, Darryl has seen the organization continue to evolve and implement innovations to best serve residents, Team Members, clients, and partners.

"I remember when LutherCare's first Intermediate Care Home opened. When it became clear that there was a gap between independent living and long-term care, LutherCare stepped in to offer a solution,"

"That initiative is just one example of LutherCare's dedication to providing a safe and caring Continuum of Living™ for all. It's incredible how dedicated everyone is to providing the highest standard of care and support to our residents," says Darryl.

Over the years, LutherCare has become a second home with countless memories for Darryl. From stepping in to serve residents meals during a winter storm, to capturing and releasing a skunk that had been lurking around the grounds, to repelling down the building from the roof of Luther Tower, it's hard for him to pick a favorite moment from his career. What really sticks out to Darryl is the relationships he has fostered with residents and fellow Team Members.

"What I'm going to miss most is the residents and Team Members I have worked with over the years. It's been a truly incredible experience," says Darryl.

As for what's next, Darryl plans on travelling, spending some time at the lake, and seeing where this next chapter takes him.

Darryl, congratulations on an incredible career. Thank you for the past 32 years, and all the best in your retirement!





# Foundation Report



**Established in 1994, the LutherCare Foundation builds relationships and raises funds to advance the vision and mission of LutherCare Communities. It is through your support that LutherCare can continue to strive for excellence in meeting the needs of those who have been entrusted to our care.**

The LutherCare Foundation is excited to announce a record breaking year for fundraising!

The 9th Annual Power Breakfast marked the return of the LutherCare Foundation's regularly scheduled events. Supported by a fantastic turnout of residents, Team Members, volunteers, community members, and families, the event raised nearly \$16,000 towards the installation of ceiling tracks in residents' rooms at Luther Special Care home.

The Christmas Appeal and 9th Annual Stair Climb Challenge raised funds to support Group Homes in continuing to provide a safe and caring Continuum of Living™ for all. The Christmas Appeal raised \$17,000 and the Stair Climb raised over \$27,000, a new record for this event. A combined total of \$44,000 was raised towards various equipment needs for Group Homes.

This past May saw the highly anticipated return of the second annual Nice as Pie Day Fundraiser. In only it's second run, the event broke a new record!

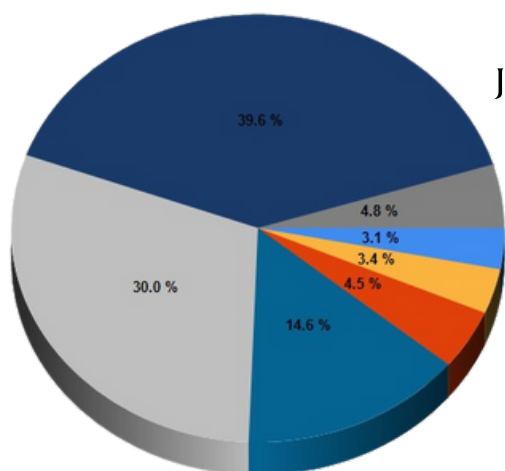
Created in 2022 to mitigate fundraising challenges due to the COVID-19 pandemic, Nice as Pie Day brought sweetness and joy to residents, Team Members, families of residents, and partners throughout LutherCare.

This year, 238 pies were sold for a grand total of \$5,170 raised for the LutherCare Foundation. Funds will go towards initiatives that support the vision and mission of LutherCare Communities.

A special thank you goes out to the Fund Development Council, the LutherCare Communities Board of Directors, the Executive Leadership Team, volunteers, and everyone who participated in this years event.

LutherCare would also like to extend a huge thank you to all our donors for your continued support. Your generosity aids LutherCare in further advancing our vision and mission!

January 01, 2023-April 30th, 2023



Fund	Given	Percent
1021 - Spiritual Care	\$1,845	3.1 %
1004 - Bequests & Legacies	\$2,022	3.4 %
1017 - Luther Special Care Home	\$2,691	4.5 %
1006 - General Donation	\$8,721	14.6 %
1045 - Spiritual Care Offerings	\$17,876	30.0 %
1044 - Stair Climb Challenge	\$23,658	39.6 %
Other	\$2,873	4.8 %

## Fund Development Council

- Gisele Dumonceaux, Chair
- Ruby Friesen
- Chad Okrainetz
- Margareth Peterson
- Jay Richards
- Darrell Utley

# Meet Sandra - Home Help Manager



**After previously working in one of LutherCare's Group Homes for the past six years, Sandra has recently taken on the position of Home Help Manager!**

"It doesn't feel like work, I love my job!"

Sandra Myers began her new role as Home Help Manager early this May. When asked about her experience so far, Sandra says, "I can tell that the people are very inclusive, they're very respectful. Overall, it's been rewarding because I know that we all have the same goal to provide excellence in care."

When asked about what attracted her to her new role, Sandra states, "I like that I can extend my experience helping seniors." She continues, "I was very close to my grandma. Working with seniors makes me feel closer to her."

So far, her favourite aspect of the position is fostering relationships with clients. "When I get to talk to them, it doesn't feel like it's business for me. I'm getting to know them, their needs, and aligning them with what we can

provide," she says. "In the end, hearing that they're satisfied and happy is very rewarding."

When commenting on the importance of the services provided by Home Help, Sandra states, "not only are we providing support to clients in their own home, we're also here to provide different services like companionship and respite."

Sandra says another one of her favourite aspects of the position is her fellow Team Members, specifically the caregivers involved with Home Help. "I feel like I can learn so much from them. They're just awesome people and a great team to work with."

Sandra concludes by saying, "I feel that Home Help aligns with LutherCare's vision, to provide a safe and caring Continuum of Living™ for all. I feel like we always look for new ways to improve our services with our vision in mind."

Congratulations on your new role, Sandra!

# Special Gifts



A gift **In Memory** is a lasting tribute to someone departed who was respected and loved. A gift **In Honour** is made to commemorate a loved one or friend to mark a milestone or to celebrate a special occasion.

LutherCare Foundation thanks family members and friends who paid tribute to the following individuals between January 1st, 2023 to April 30th, 2023 by making donations in their names.

A full list of donors for 2023 will be published in the March 2024 issue of LutherCare Light.

## **In Memory Of:**

Herta Asmuss  
Melissa Bakos  
Kelly Bale  
Dick Bell  
Darrel Bolin  
Harold Burton  
Eileen Carlson  
Drum & Leone  
Donaldson  
H.J. Eisler  
Joyce Ellaschuk  
Henry & Avis Frank  
Lorna Hamilton  
Lynda Hayes  
Jennifer Hendry  
Anne Hudson  
Paul Juneau Memorials  
Anne Krystyniak

Minnie Lamers  
Frank Lang  
Don LaRocque  
Lorne Lepp  
Ernie G. Lissel  
Lowell Loewen  
Larry Mintzler  
Joyce Mitchelmore  
Olive Palmer  
Cara Parker (Stalwick)  
Bruno Riemer  
Marie Rolfe  
Lynda Skelton  
Norman Sklinchar  
Fritz Stehwien  
Richard Waterman  
Ruth Wildeman  
Warren Wilson  
Pete Zacharias

## **In Honour Of:**

Audrey and Ed Hedlins' 65th  
Wedding Anniversary  
Borgny Lokken  
Care Received  
Dr. Brian Martens

**Thank you to all of our donors! It is through your support that LutherCare can continue to strive for excellence in meeting the needs of those who have been entrusted to our care.**

**To learn more about the LutherCare Foundation, please scan the QR code or call the Foundation at (306) 649-6364.**



# Foundation Word Search



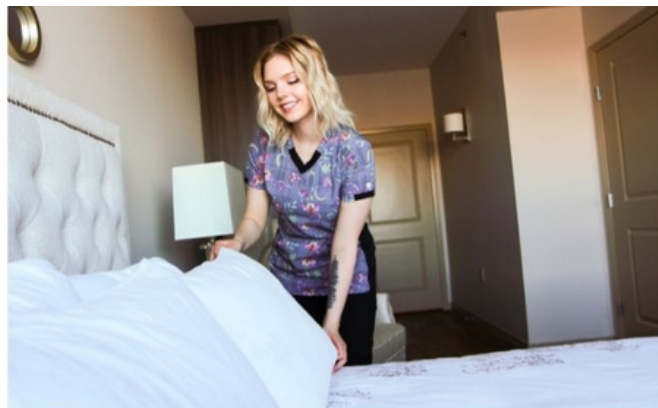
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**NineteenFiftyFive  
PowerBreakfast  
SpiritualCare  
DayProgram  
GroupHomes  
Retirement  
Worship  
Secure**

**IntermediateCare  
CareGivers  
Activities  
Community  
Friendly  
HomeHelp  
Estevan  
Support**

**ChristmasAppeal  
Independent  
StairClimb  
Saskatoon  
NiceAsPie  
Wellness  
Outlook  
Care**

**Safe  
LSCH**



## The help you trust for quality service

Home Help enables seniors to thrive by providing them with the services needed to maintain a healthy and independent lifestyle in the comfort of their home.

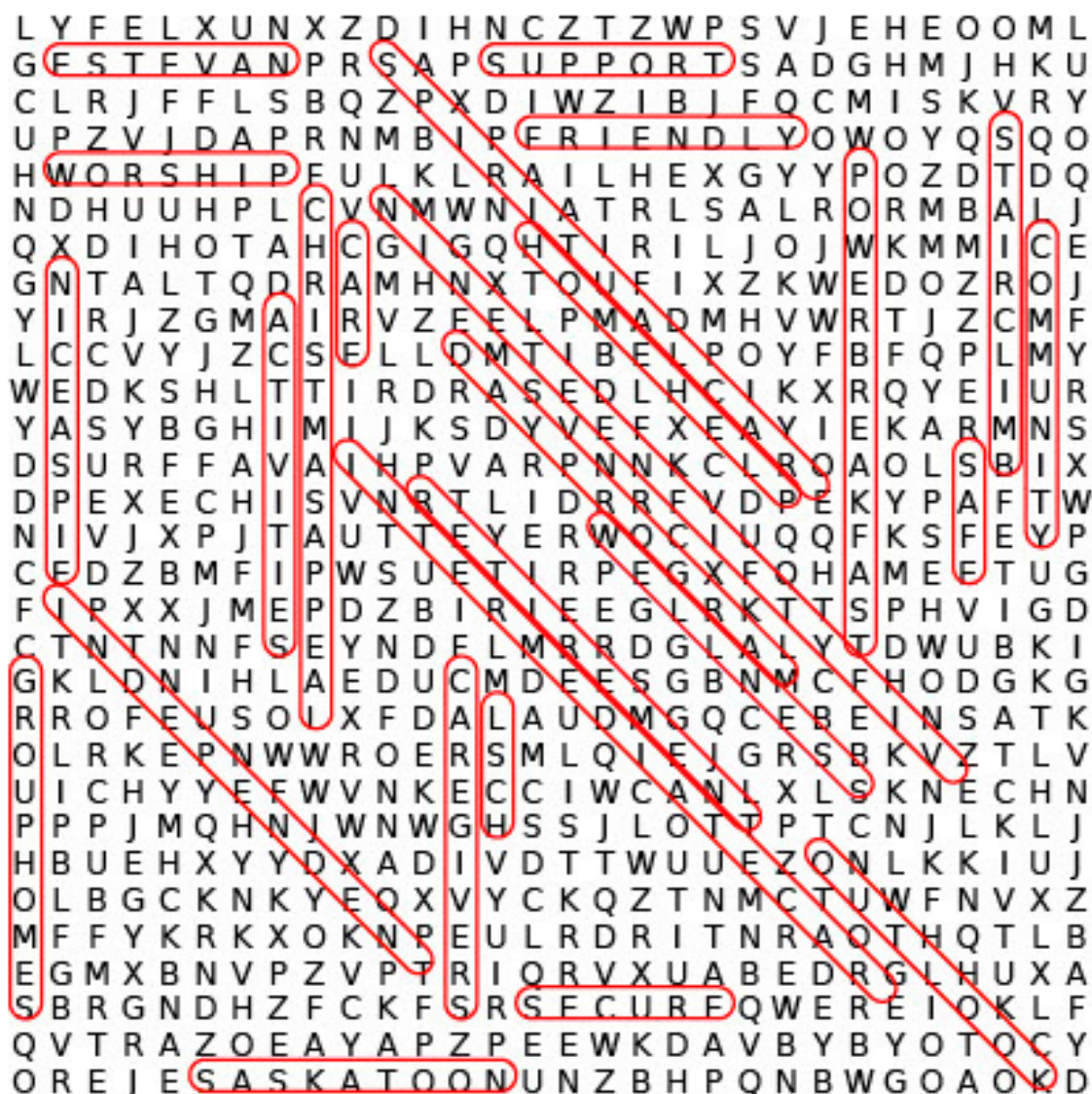
306.664.0393

**Personal Care | Transportation | Housekeeping  
Respite | Companionship**

  
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# Foundation Word Search

## Answer Key



NineteenFiftyFive  
 PowerBreakfast  
 SpiritualCare  
 DayProgram  
 GroupHomes  
 Retirement  
 Worship  
 Secure

IntermediateCare  
 CareGivers  
 Activities  
 Community  
 Friendly  
 HomeHelp  
 Estevan  
 Support

ChristmasAppeal  
 Independent  
 StairClimb  
 Saskatoon  
 NiceAsPie  
 Wellness  
 Outlook  
 Care

Safe  
 LSCH



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**Corporate Office**  
**810 45th Street West**  
**Saskatoon, SK S7L 6A5**  
**306.649.6350**

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Chief Executive Officer

**Richard Lungal**  
Chief Financial Officer

**Chad Okrainetz**  
Chief People Officer

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Director of Finance

**Karen Chaskavich**  
Director of Care

**Emmanoella Val-Kanu**  
Director of People &  
Culture

**Lori James**  
Director of Mission &  
Spiritual Care

**Kelly Peevers**  
Director of Housing

**Eldon Duchscher**  
Director of Marketing &  
Communications

**Vikram Singh**  
Director of Buildings and Facilities

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**Monte Gorchinski**

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**Munye Mtata**

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**Judy Parker**  
ELCIC  
Representative



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