

# A Ten Year History of Valley Manor

1978 to 1988



Valley Manor Nursing & Senior Citizen's Home  
Barry's Bay, Ontario

Leadership with  
Service Mark-10

A Ten Year History Of Valley Manor  
Barry's Bay, Ontario  
1978 to 1988

Prepared By: Mary Murat, Rita Crockford,  
and Sister Rosenda Brady, C. S. J.

Reviewed By: BOARD OF DIRECTORS  
Nick Lepinski, Elmer Krieger,  
John Hudder, Bob Mitchell  
(Mary Murat & Rita Crockford)

Photos By: Jean Lisk  
John Beach  
Rev. Norbert Cybulskie

Edited By: Dr. Eileen Allison,  
C.S.J. of Pembroke

Dedicated To  
Residents of Valley Manor



**Left to Right:**  
**Edward Shalla, Nick Lepinski, Sister Rosenda Brady, Christopher Mullin,**  
**John Beach, Mrs. Mary Murat and Elmer Krieger.**

## A Ten Year History Of Valley Manor 1978 to 1988

On May 24, 1978, a dream was realized when Valley Manor was officially opened as a Nursing Home and Home for the Aged Health Complex. In his opening address on that occasion, Christopher Mullin, first president of Valley Manor Inc., remarked, "I have waited five years for this special moment!"

Chris Mullin was a member of the Board of Directors of St. Francis Memorial Hospital, Barry's Bay, from 1973 to 1977. During that time he was on the Hospital Board, a survey was completed and presented to the Board indicating the tremendous need for a facility to care for the frail elderly, and those requiring nursing care. The Board directed a letter to

the Honourable Dr. Richard Potter, Minister of Health, in Toronto, stressing the need for a Home for the Aged and Nursing Home for the people of Barry's Bay and surrounding area. In response to this letter, Dr. R. Potter informed the Hospital Board that the Honourable Rene Brunelle, Minister of Community and Social Services, would act as the liaison person regarding the idea of a Home for the area.

In December 1973, the Hospital Board appointed Sister Rosenda Brady, Christopher Mullin, and Dr. Daniel McMichael to a sub-committee of the Welfare and Home for the Aged Committee of Renfrew County. This Sub-Committee held its first meeting in January 1974 in Pembroke to review the information available at that time regarding the health needs of the Barry's Bay Community and area. The Sub-Committee kept the Reeves of the Village of Barry's Bay, Killaloe, Radcliffe, Hagarty and Richards, Raglan, Brudenell, and Lyndock, and Sherwood, Jones and Burns informed of the results of this meeting and of all future meetings. Mr. Paul Yakabuskie, M.P.P. was also kept informed of the local health needs.

The results of the survey were instrumental in the passing of a motion at Renfrew County in May, 1973, that a Home for the Aged be established in Barry's Bay. The survey pointed out that of the 901 known Senior Citizens in the area, 44% were partially disabled; 12% were disabled; 45% desired a Senior

Citizens' Home to care for them but did not wish to leave the area; 19% would have benefited from a Home Care Program, and 12% of people 65 years of age and over, in the whole of Renfrew County came from Barry's Bay and district; while 11% of people on waiting lists for the two Homes in the County, came from Barry's Bay and district.

In September, 1974, after those interested in the project had spent years collecting information and meeting with local and provincial authorities, the Honourable Frank Miller, Ontario Minister of Health, announced that a ninety bed facility would be built in Barry's Bay. This facility would house 55 Nursing residents under the Ministry of Health, and 35 Residential residents under the Ministry of Community and Social Services. The 35 Residential beds would be a satellite home of Miramichi Lodge of Renfrew County. That same September 1974, the Welfare and homes for the Aged Committee of Renfrew County invited the Board of Directors of St. Francis Memorial Hospital to assume the responsibility of the proposed Home for the Aged and Nursing Home complex. The Hospital Board turned down the offer as too great an undertaking since their charter dealt with Active Care treatment, and plans for Chronic Care extension were in the making. The Hospital Board of Directors suggested setting up a separate Board for the purpose of establishing a Home in Barry's Bay.

## THE FIRST BOARD OF DIRECTORS VALLEY MANOR INC.

In October 1974, a group of interested persons met at St. Francis Memorial Hospital for the sole purpose of forming a separate Governing Board to establish a Home for the Aged and Nursing Home Complex. At this meeting a formal motion was made to set up this separate Board of Directors and to apply for a Charter and Letters' Patent. After discussion of suggested names for the organization, the group decided that it would be entitled, "*VALLEY MANOR INC.*"

The results of the Election of Officers of Valley Manor Inc. were as follows:

**Christopher Mullin**, President

**Elmer Krieger**, Vice-President

**Sister Rosenda Brady**, Secretary

**Adolphe Pecoskie**, Treasurer

In early January 1975, Chris Mullin reported to the new Board of Valley Manor Inc. that the Charter had been received and that Valley

Manor Inc. could now enter into business agreements with others as the need arose. Those present at this meeting were Rev. Jack Green, Rev. Ross Davis, Jack White, Rose Krieger, Annie Mintha, Leo Bonnah, Nick Lepinski, Martin Shulist, Adolphe Pecoskie, Sister Rosenda Brady, and Paul Yakabuski, M.P.P. of Renfrew South. At this meeting Nick Lepinski was appointed Chairman of the Property Committee, assisted by Christopher Mullin and Jack White to look at feasible property sites in the area on which to construct the new Home.

Five sites were proposed for the new Home for the Aged and Nursing Home. Mr. & Mrs. John Mintha offered a piece of property to the Directors of Valley Manor Inc. at a reasonable price. At a special meeting of the Board, it was decided to accept the offer made by Mr. & Mrs. John Mintha.

## NATURE AND MISSION

Valley Manor was established as a Christian Home in character, a Non-Profit Organization whose sole purpose was to serve the people of Barry's Bay and area. This Home was to have a unifying effect within the community as it would serve people of many cultures, people of many municipalities, people of various Christian denominations, and

all people of God. In order that all these people be represented on the Board of Directors of Valley Manor Inc. the original Board consisted of fourteen members, seven executive members, and seven directors. The executive members were: Chris Mullin, President; Leo Bonnah of Barry's Bay; Rev. Ross Davis, United Church Minister of Palmer Rapids;

Rev. Jack Green, Roman Catholic priest of Barry's Bay; Nick Lepinski of Combermere; Adolphe Pecoskie, Treasurer; and Sister Rosenda Brady, a Sister of St. Joseph of the Diocese of Pembroke, Secretary. The seven

directors were: John Mintha, Barry's Bay; Elmer Krieger, Palmer Rapids; Rose Krieger, Palmer Rapids; Martin Shulist, Wilno; Mrs. Nancy Peplinskie, Combermere; Jack White, Killaloe; and Alex Shulist, Wilno.

### FINANCING THE PROJECT

With plans for such a large health facility on the way, a major concern was the financing of the project. While there were many trials and tribulations, it was obvious that our Heavenly Father was blessing the new project every step of the way. One of the first financial blessings was a donation of \$50,000.00 by the Sisters of St. Joseph of the Diocese of Pembroke, in response to Chris Mullin's request for assistance.

Being a Non-Profit Corporation, the Project was eligible for grants from Central Housing and Mortgage Corporation. C.H.M.C. entered into an agreement with Valley Manor Inc. in the amount of \$1,700,000.00 at 8% interest, for a fifty year period. C.H.M.C. also advanced \$8,000.00 to Valley Manor as a start-up fund. Through the efforts of Valley Manor Board and the administrator, a fund-raising campaign realized an additional \$33,000.00. Many people donated funds to furnish rooms. On

the door of each room so furnished a plaque gives the name of the donor. As the Manor is a Christian Home, a Chapel was a real necessity in order that the Home could meet the spiritual needs of the residents as well as their physical, and emotional needs. Sister Felicitas Kuiack, a Sister of St. Joseph of Pembroke, through her own efforts in selling her crafts, raised sufficient funds to furnish the chapel with vestments and vessels for the Eucharistic Celebration.

Mr. Lorne Foran, solicitor, from Pembroke, Ontario, acted as legal advisor to Valley Manor Inc. without charging a fee for his services and those of his staff. The Valley Manor Auxiliary had a very successful door-to-door fund-raising campaign and were able to supply all the linen required in the Home to the amount of \$6,000.00.

### ARCHITECTS

Early in January 1975, Valley Manor Board of Directors met with Mr. Victor Heinricks, an architect with Ausable Springs Incorporated of London, Ontario. Following several meetings, Valley Manor Inc. decided

to build, finance and operate the Home for the Aged and Nursing Home with consultation services from Ausable Springs Incorporated until the building was completed.

Mr. Claude B. Halpin, area planning co-ordinator for the ministry of health and the Ministry of Community and Social Services, in a letter dated August 15, 1975, advised Valley Manor Inc. that permission was granted to proceed immediately to build the 90-bed Home. There was great rejoicing. There was still much work ahead, reviewing preliminary design drawings, and making modifications. Finally in December 1975, plans were approved in principle for a single storey building for a 90-bed Home.

In January 1976, Sister Rosenda Brady resigned as Secretary of the Board of Directors as she was given a new assignment by her religious community which would take her out

of the Barry's Bay area. Sister Rosenda had resigned as administrator of St. Francis Memorial Hospital as of November 1975. At the same time, Adolphe Pecoskie resigned as Treasurer, and the Board of Directors of Valley Manor Inc. appointed Mr. John Beach as Secretary-Treasurer.

At the meeting in January 1976, architects from Ausable Springs Incorporated (Mr. Heinrich and Mr. Howarth) presented a scale model and elevation drawings of the new building, and the Board accepted the plan presented. The Board also decided to establish the actual building on the Mintha property site, using Mintha Street as access to the property.

### BY - LAWS

By March 1976, the first by-laws for Valley Manor Inc. were presented to the Board of Directors by Mr. Leo Bonnah, Chairman of the By-law committee, and these were legally approved.

### TENDERS AND CONSTRUCTION

Many meetings were held regarding tenders for the construction of Valley Manor Home. In February 1977, the Board decided to give Van Horne Construction Ltd., of Toronto, the contract to build the Home for an initial sum of \$1,290,000.00, all subject to Central Housing and Mortgage Corporation's approval. During construction there were 67 change orders at an additional cost of \$240,396.30.



### SOD TURNING

God continued to bless the Valley Manor project, and on a bright sunny day in May - May 2, 1977, to be exact - the Board of Directors, the administrator and many people attended the Sod-turning Ceremony. The theme for the day was, "This is the day the Lord has made, Let us REJOICE and be GLAD in it."

Plans for building Valley Manor were chosen with great care. The setting for the Home was one of tranquility amid the forest with a beautiful pool in the courtyard. This site was chosen so that all residents would have a view of the beauty around them from their bedroom windows. The stonework was professionally done by Nick Lepinski and Company. The front entrance included a bell tower over the chapel area and pointing heavenward, a symbol of praise and gratitude to God for His goodness. A plaque at the front entrance reads,

"...and I will dwell in the House of the Lord forever." (Psalm 23).

The Home had plans for a beautiful chapel for its residents, staff, relatives and friends, in keeping with their Christian character. The residents' spiritual needs would be met by a team of ministers, priests, pastoral care volunteers and staff workers. The dining area, meeting/living areas, and the core block provided floor to ceiling windows so that the resident's would not feel closed-in and could enjoy the sights of nature all around them.

The whole concept of a Christian, non-profit Home was rapidly becoming a reality, and this was largely due to the untiring efforts of Chris Mullin, as first President, John Beach, Elmer Krieger, Nick Lepinski, Edward Shalla, Mary Murat, and the zealous work done by many dedicated people.



Valley Manor Auxiliary  
Gail Kostash, Catherine Sullivan  
Lucy Jefferies, and Mary Murat, President

On July 17, 1977, Sister Rosenda Brady was hired as Administrator of Valley Manor by the Board of Directors. This move allowed Sister Rosenda to attend all site meetings and do the necessary administrative work before the Home would officially open a year later. At the

July 18, 1977, meeting, the Board welcomed Mrs. Mary Murat as a director to the Valley Manor Inc. representing the Auxiliary. Valley Manor Auxiliary had been in operation for some time by 1977. The members had been involved in fund-raising projects for the Home.



### STAFFING

In the Fall of 1977, Sister Rosenda Brady and Sister Martha Prince held a meeting at the Municipal Office in Barry's Bay to receive applications for employment at Valley Manor. Over two hundred people sought employment. It was obvious that the Home would be welcome to the area

to provide jobs for the local people and people from the surrounding area. Sister Martha, a registered nurse, was invited to interview professional nursing staff so that she could assist in the selection of highly qualified persons.

In December 1977, the following Supervisory positions were filled and approved by the Board of Directors:

- |  |   |
|--|---|
| <b>Mrs. Bernice Anderson</b> - Director of Nursing | <b>Mrs. Jean Lisk</b> - Accountant                |
| <b>Mrs. Loretta Murray</b> - Food Supervisor       | <b>Mrs. Beverly Beanish</b> - Housekeeper         |
| <b>Mrs. Agnes Mask</b> - Laundry/Linen Supervisor  | <b>Ms. Mary Glofcheskie</b> - Activities Director |
| <b>Mr. Bill McGeouch</b> - Plant Engineer          |   |

From January 1978 until May 1978, the department heads worked closely with the administrator in setting up their departments. This time allowed for not only the setting up of the departments to be highly

functional and efficient, but also for the imbuing of the staff with the Christian philosophy of Valley Manor.

The philosophy and mission statement of the Home reads as follows:

*Valley Manor a Nursing Home and Senior Citizens Complex is owned and operated by Valley Manor Inc., A group of Christian men and women joined together for the sole purpose of providing a Home for the Aged and those requiring Nursing care. Valley Manor is a non-profit organization whose special character is Christian Love. The primary purpose of Valley Manor is to provide a comfortable, congenial environment where the Residents may continue to grow intellectually, spiritually, and socially as they advance in years. This growth must take place in an atmosphere of peace, happiness and understanding. The responsibility for developing such a creative, dynamic environment rests with all personnel who are employed at Valley Manor."*

## MEDICAL STAFF

Members of the Medical Profession, Directors of Valley Manor Inc., the Director of Nursing and the Administrator held a meeting at St. Francis Convent in March 1978. At this meeting the medical staff consisted of Dr. I. E. Henry Tiedje. Following discussion on the rules and regulations governing medical staff in a Home for the Aged and Nursing Home, the medical staff recommended that Dr. I. E. Henry Tiedje become the first Medical Director of Valley Manor. The Board of Directors approved the appointment of Dr. Tiedje as Medical Director. The Board also agreed that Dr. Chapeskie and Dr. Cybulskie would have admission privileges for their patients. In 1981, Dr. I. E. Henry Tiedje resigned as Medical Director as he was Chief of staff at St. Francis Memorial Hospital. The medical staff recommended that Dr. Andrew H. Chapeskie be appointed as Medical Director to replace Dr. Tiedje. The Board of Directors and Dr. A. H. Chapeskie entered into a contract on November 2, 1981. The

physicians who work at St. Francis Memorial Hospital also serve at Valley Manor. This insures a good continuity of care between the two major health facilities in Barry's Bay. The Home is now served by six physicians, Dr. A. H. Chapeskie, Dr. I. E. Henry Tiedje, Dr. Joseph B. Cybulskie, Dr. Bruce Harris, Dr. Kathryn Reducka, and Dr. David York. The Medical Staff received great commendation from the Canadian Council on Hospital Accreditation for the quality of medical care, the accuracy and quality of medical records, and the co-operation with administration, nursing staff and the board of directors.

Mrs. Lorraine Briggs, B.Sc. Pharm. was appointed the first pharmacist for Valley Manor, and Lorraine gave her full co-operation in setting up the pharmacy system to serve Valley Manor. Mrs. Briggs also acts in a consultative manner for the Home and the attending physicians in the area of drug therapy for the residents of Valley Manor.

## COMPLETION

On May 24, 1978, - Valley Manor was officially opened to receive residents. At this time, Mr. Chris Mullin, even in his terminal illness, was still President. Mr. Edward Shalla was Vice-President at the time of the official opening and acted as president at business meetings during June and July of 1978 in Chris' absence. John Beach was

Secretary-Treasurer, while Nick Lepinskie, Elmer Krieger, and Mary Murat were directors on the board. It was not, however, until June 23, 1978, that the official opening ceremonies took place. Due to Chris Mullin's deteriorating condition, Mr. Edward Shalla acted as Master of Ceremonies for the day, welcoming all the many guests.

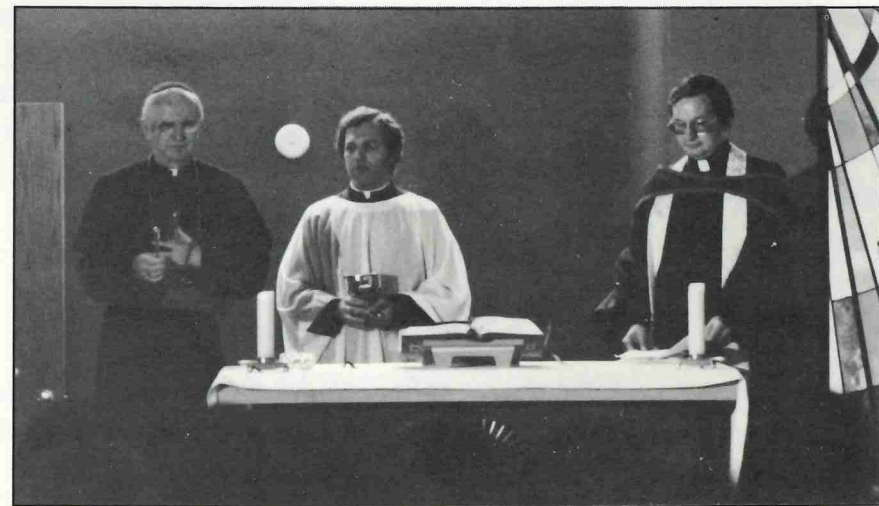
At the time of the official opening, Chris Mullin, accompanied by his wife, Elaine, who was a great support to him all through the project, gave his opening speech. In spite of his physical pain, Chris was elated, full of expressions of joy and gratitude. At this time he was, himself, a resident of Valley Manor. Chris experienced

first-hand the loving, professional care that would be given to residents of Valley Manor. While it was a sad time because of his illness, it was also a **TRIUMPHANT CELEBRATION**. Everyone entered into the celebration with great enthusiasm.

### BLESSING VALLEY MANOR

Following the welcoming address, an ecumenical blessing and prayer service was carried out by Bishop J.R. Windle, of the Diocese of Pembroke, Rev. Robert Borne, R.C., and Rev. Ross Davis, United Church minister. Also in attendance were Paul Yakabuskie, M.P.P., Renfrew

South; Sean Conway, M.P.P. of Renfrew North; Len Hopkins, M.P. and Nick Lepinskie, Warden of Renfrew County, all of whom brought greetings from their various levels of government, federal, provincial and municipal.



**Bishop J.R. Windle, Rev. Robert Borne,  
and  
Rev. Ross Davis**



**PRESENTATION OF THE KEY TO VALLEY MANOR**  
**Mr. Kai Kramshoj, project manager, presents key to Chris Mullin as Dave Oldford, architect, Hamish Forsythe, general contractor, and Ed Shalla, Director and Master of Ceremonies, look on.**

Mr. Bill Markey, representing Central Housing and Mortgage Corporation, unveiled the plaque of the Corporation. This along with the plaque of the Board of Directors and the Administrator can be seen at the front entrance of the Manor.

of Renfrew County, and Director on the Board of Valley Manor.

It was not until April 9, 1979, that all 90 beds were filled. This was truly an accomplishment by the staff of Valley Manor. On July 1, 1979, Valley Manor celebrated Canada Day with their own 100 year old Rose Stoltz.

Out in the beautiful courtyard, a very touching **FLAG RAISING CEREMONY** took place with Len Hopkins, M.P., Bill Markey, C.H.M.C., Bill McGeouch, Plant Engineer of Valley Manor, and Edward Shalla, Vice-President, officiating. For the ribbon cutting ceremony, two of the first residents assisted. They were Francis Kulas (age 85), and Rose Kraftchick (age 84). These two residents representing both Nursing and Residential, officiated in the ribbon cutting with Mr. Penny, Minister of Community and Social Services, and Mr. Nick Lepinski, Warden



### VALLEY MANOR AUXILIARY

Valley Manor Auxiliary contribute greatly to the life of residents at Valley Manor in their celebrations. The Auxiliary lives up to its purpose of enriching the lives of all residents at Valley Manor. Let us recognize the first Valley Manor Auxiliary: Mrs. Mary Murat, President; Catherine Sullivan, first Vice-President; Eleanor Drystek, 2nd Vice-President; Gail Kostash, Secretary; Lucy Jefferis, Treasurer; and Jean Honan, Head Co-Ordinator. Besides assisting in celebrations for residents, the Auxiliary provides a

Tuck Shop, and has purchased major equipment for the comfort and enjoyment of residents. For example; the auxiliary bought an ice-making machine, individual water jugs for each resident, and emergency lights in all bathrooms as a safety measure during power failures. The auxiliary also assisted financially in the amount of \$1,000.00 for a 45" screen coloured T.V. (\$4,000.00) in the assembly room. These are only some of the many items provided by the auxiliary for the residents of Valley Manor.

### INSPECTION BY MINISTRY OF HEALTH

While an inspection team from the Ministry of Health visited Valley Manor on its pre-licensing inspection on May 5, 1978, the full licensing was granted by the Ministry of Health on May 19, 1978, giving the green-light for the admission of residents.

The Board of Directors of Valley Manor, the administration and the staff set a goal for themselves; to achieve Accreditation from the Canadian Council of Hospital Accreditation within five years of operation. On July 22, 1983, the Council awarded a three year accreditation status to Valley Manor following its first survey. The Canadian Council of Hospital Accreditation in their standards state, "Health care facilities deemed by Council to have ABOVE AVERAGE compliance with standards in all areas are awarded accreditation for

three years." This was a final acknowledgement of the high quality of loving, professional care being given to the residents by the medical staff and all staff at Valley Manor. The staff rejoiced in this special professional recognition of their services. They celebrated with an "Accreditation Party" at II Nocturne, a cottage in Combermere owned by the Sisters of St. Joseph.

This position of the history of Valley Manor outlines its original and some of the achievements accomplished over the first five year period. It is also an acknowledgement of what people can do when they join together in a common purpose with faith and hope for a better future. It is a witnessing of how much people care for our senior citizens who are the pioneers of Canada.

We do mourn the loss of Christopher Mullin who died on July 11, 1978, at his home on Carson Lake. He wanted to die at home. However, we rejoice in that we who worked with him carry the torch he held so high in his efforts to have a Home for the Aged and a Nursing Home for the Barry's Bay area.

With our spirit of unity, and our Motto, "LEADERSHIP WITH SERVICE", as taken from the Gospel

of Mark 10 (35-45), we strive to continue the high quality of care for the residents of Valley Manor, and to ensure that they will indeed grow emotionally, spiritually, intellectually and socially in our midst.

Our Heavenly Father has blessed all of us, and we have grateful hearts. We continue in His service for the Honour and Glory of God, and for the well-being of our brothers and sisters.



Front Row - Mary Murat and Rita Chatsick (Crockford)  
Back Row - Bob Mitchell, Nick Lepinski, Elmer Krieger,  
and John Hudder

## BOARD OF DIRECTORS

In 1983 Valley Manor celebrated its fifth anniversary. The Board presented Mr. Nick Lepinski and Mr. Elmer Krieger with their 10-year Service Pins in recognition of their generous and faithful service to Valley Manor. These men expressed their personal satisfaction in being a part of such a Christian Organization. While there were dark days in the beginning, it was evident that the whole project was blessed by the Lord because after five years of operation, it was obvious that the people of the area were receiving excellent care in their golden years, and that those requiring extra nursing care were receiving it. The fifth anniversary was indeed a happy occasion with many fond memories of past achievements.

In 1983, 1984, the Board of Directors consisted of Nick Lepinski, Elmer Krieger, Mary Murat, Bob Mitchell, Rita Chatsick (Crockford), and John Hudder. At the annual meeting in June 1984, the Board of Directors dealt with the need for a change in the directorship to provide for continuity in service on the Board. They proposed to the General Membership that two directors stand for election for a one year service term and that three directors be elected for a two year period, and that thereafter the term of office for each director be two years. In direct response to a recommendation made by the surveyor of the Canadian Council on Hospital Accreditation, Bob Mitchell researched this concept of providing continuity of service on the

Governing Board. At the annual meeting of Valley Manor Inc. this motion was presented, approved by the general membership, and incorporated into the By-laws. In 1984 the Board of Directors, with regret, accepted the resignation of Mr. Dan Felhaber who was moving from Killaloe to Pembroke in retirement. The directors appointed Mr. John Hudder of Barry's Bay as a director for the interim period until the annual meeting in June 1984. It was at this annual meeting that, according to the amended bylaws, John Hudder and Bob Mitchell were elected to the Board for a one-year term. Mr. Nick Lepinski, Mr. Elmer Krieger, and Mrs. Rita Chatsick were elected as directors for a two-year term. At that time, Mrs. Mary Murat was a director on the Board as an ex officio member as she was President of the Valley Manor Auxiliary. However, in 1987 at the annual meeting, Sister Rosenda Brady presented another amendment to the by-laws, proposing that all six directors be elected members. This motion was seconded by Mr. John Beach (a former, active member of the Board), and it was approved by the general membership. Mrs. Mary Murat is now an elected director, so that there are six elected directors on the Board of Valley Manor Inc.

## NURSING AND RESIDENTIAL CARE

After the first five years of operation, administration reported to the Board of Directors that residents applying for admission the Valley Manor at that time required a higher level of care, and some of the residential care persons needed extra nursing care, or extended care. For this reason the Board of Directors approached both the Ministry of Health and the Ministry of Community and Social Services to request the reclassification of beds from Residential to Nursing Care. Sister Rosenda Brady, administrator, went to Toronto to present a brief on the proposal. Two years of negotiations resulted, in March 1985, in the classification of Valley Manor as a Home with 70 Nursing beds and 20 Residential beds. In the process there was no loss of beds. The change proved to be excellent not only for the residents but for staff as well, as it allowed for an increased staff to meet the heavier workload.

The new arrangement also meant improvements and renovations to the building. A new Annunciator Panel and a new sub-station for nursing staff were installed in the Residential Wing to cover the additional nursing beds. In order to monitor the whereabouts of the residents, three cameras were installed; one in the dining area, one in the residential wing, and one in the front entrance. The Main Nursing Station has a screen with a selector channel by

means of which a nurse can monitor any area of concern. This addition is a great help for staff on evenings and nights when fewer personnel are available.

In the course of 1985, the Ministry of Health took a new direction in the health care delivery system. Government set aside more funds for Home Care Programs. This meant that people came to Valley Manor for care when they became very frail, much older, and requiring more nursing care. People suffering from Alzheimer's Disease were admitted, resulting in an increase in residents with confusion who required a great deal of supervision. Valley Manor is a wide-open facility with no special units to contain and treat persons with Alzheimer's Disease.

To meet the needs of residents of Valley Manor who require more supervision due to confusion, a new Wander-Guard System was installed late in 1987. There are approximately six residents who need constant supervision. They wear a bracelet which sets off a special alarm at the front entrance and the main nursing station if they wander outside the building. This system has meant peace of mind for staff and greater safety for residents. The front entrance can be freely used by other residents, staff, visitors, and relatives as it sets off an alarm only for the residents who require constant supervision.



**Front Row - Frances Etmanskie, Laundry Supervisor**  
**Bev Beanish, Housekeeping Supervisor**  
**Ron Coulas, Plant Engineer**

**Back Row - Jean Lisk, Accountant**  
**Loretta Murray, Food Supervisor**  
**Mary Blank, Activities Director**  
**Bernice Anderson, Director of Nursing**



**Sister Rosenda Brady**  
*Administrator*

## STAFFING OF VALLEY MANOR

The first break in the team of department supervisors came in 1985 when Mrs. Agnes Mask, for health reasons, resigned as Laundry Supervisor.. Agnes had given seven years of faithful service to the residents. Fortunately, Mrs. Frances Etmanskie, assistant supervisor, was willing to take on the position of Supervisor and has proved herself to be a very capable person who handles the responsibilities of the department very well. Mrs. Tessie Stoppa became the Assistant Laundry/Linen Supervisor as she knew the work very well having served as a part-time staff member since the fall of 1978.

The second break among the department heads came when Bill McGeouch terminated his employment with the Manor to return to a former employer, Ontario Hydro. He was offered a good position and wished to contribute to

his pension plan with Ontario Hydro. Bill has served Valley Manor very well in those first eight years. The administrator, directors, and staff not wanting to stand in his way of advancement wished him every blessing and success. Once again, the Good Lord showed his concern for the people of Valley Manor by sending Mr. Ron Coulas as Plant Engineer. He was appointed June 23, 1986. Ron is well qualified as an electrician and plumber. With many major renovations facing Valley Manor and considering his general maintenance knowledge, it was obvious that the Board of Directors had made a good choice. Ron installed the new door closers on all residents' bedrooms and hooked them up to the Fire Alarm System as required by the Ministry of Health regulations. He has worked on many other improvements to the buildings and grounds.

## CONTINUING EDUCATION FOR STAFF

Valley Manor being a Non-Profit Christian Home, a great deal of emphasis is placed on quality care for it's residents. The primary purpose of the Home is to provide a comfortable, congenial environment where residents may continue to grow intellectually, spiritually and socially as they advance in years. This growth

must take place in an atmosphere of peace, happiness, and understanding. Since this responsibility for developing such a creative, dynamic environment rests with all personnel who are employed at Valley Manor, the Board of Directors along with Administration encourages Continuing Education for staff.

## REGISTERED NURSES

Besides the Director of Nursing, there are seven Registered Nurses on staff. It is important to note that four of these registered nurses have graduated from the Nursing Unit Administration Course through the Canadian Hospital Association. Bernice Anderson, director of nursing, was the first registered nurse to graduate from the course. She was followed by Mrs. Rachel Stamplecoskie who is working on Infection Control. She also has served on the Occupational Health and Safety committee. Susan Yantha, another graduate of the nursing unit course, has taken on the added responsibility as Quality Assurance Co-Ordinator. Mrs. Linda Shulist, the fourth registered nurse to

complete the nursing unit administration course, has also served on the Occupational Health and Safety Committee. Mrs. Ethel Smith, R.N. has been at Valley Manor since its opening. Ethel has also served on various committees and has been a very faithful and reliable nursing staff member.

It would be impossible to provide 24-hour registered nursing care without our part-time nurses, Christine Noel, Angela Ducker and Edna Laginski. This team of registered nurses demonstrate in a very professional manner their co-operation, their sharing of responsibilities with each other, and their caring for the residents.

Sister Martha Prince, R.N., R.R.L. also works on a part-time basis and has looked after Medical Records over the past ten years since Valley Manor opened in May 1978. Sister Martha also does volunteer work as a Pastoral Care Visitor.



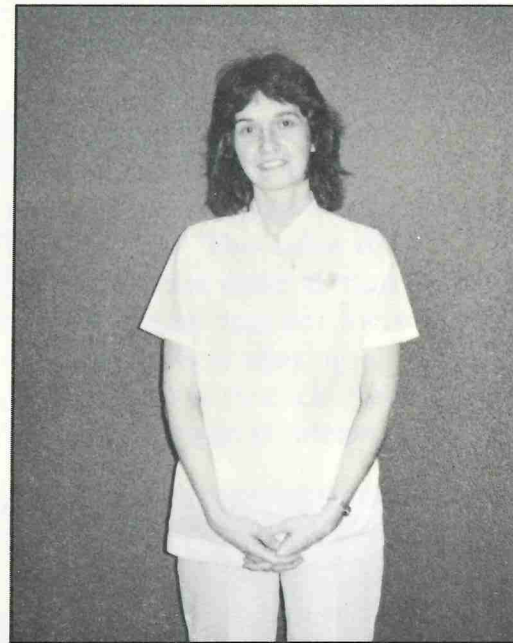
**Ethel Smith, R.N.**  
has been with Valley Manor  
since May 1978



**Bernice Anderson, Director of Nursing**  
and Linda Shulist, R.N.



**Angela Ducker, R.N.**



**Rachel Stamplecoskie  
a Registered Nurse  
also in charge of  
Infection Control**



**Christine Noel, R.N.**



**Edna Laginskie, R.N. with Bernice Anderson, D.O.N.**



Susan Yantha, R.N. was appointed by Administration as Quality Assurance Co-Ordinator for Valley Manor. The Accreditation Survey of 1986 made it mandatory that each Health Facility have a Quality Assurance Program well in place before it would be given a 3-year Accreditation status by the Canadian Council on Hospital Accreditation. Department Supervisors are responsible for the quality of care and service in their departments, and give quarterly reports on their Quality Assurance Program to the Co-Ordinator. This is an on-going program requiring regular auditing and documentation. The staff felt great satisfaction when Valley Manor was awarded a three-year accreditation status in 1986.

## REGISTERED NURSING ASSISTANTS

Five Registered Nursing Assistants completed their Drug Administration Course through Algonquin College at Valley Manor. This means that in a Nursing Home or Home for the Aged, these nurses are allowed to give medication to residents under the supervision of the Registered Nurse. After five months of intensive study, the following Registered Nursing Assistants graduated:

Margaret Carter  
Jill Bresnahan  
Lorna O'Reilly  
Brenda (Mask) Mullin  
Colleen (Kitts) Chapman

The administration and dietary staff celebrated the graduation with a wine and cheese party. Valley Manor was happy to welcome back Mrs. Ann Porath, R.N.A. who is also qualified in the Drug Administration Program.

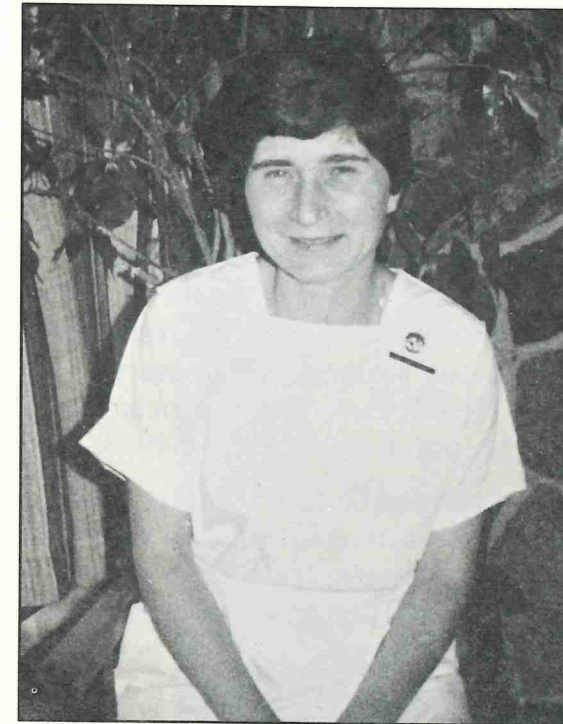
Many new nursing staff members have commented on the spirit of joy and co-operation among the nurses. With this sharing of gifts and talents, one can be assured that residents will receive an excellent quality of care. This caring is demonstrated at all levels.



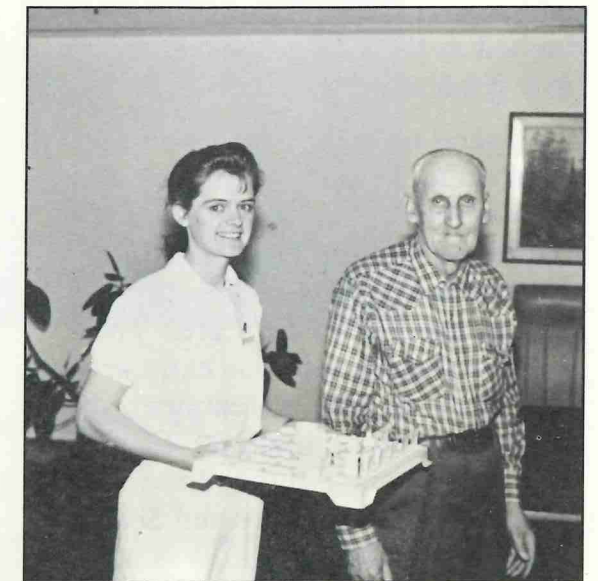
Colleen (Kitts) Chapman



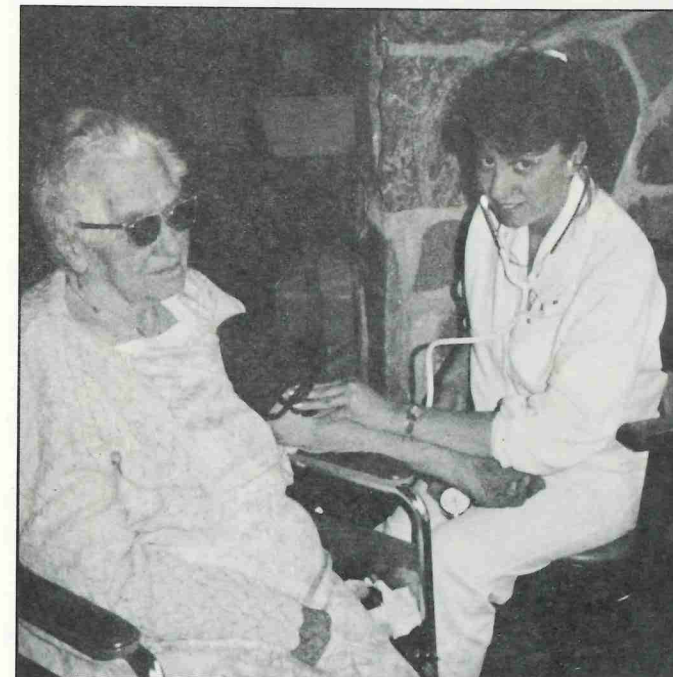
Jill Bresnahan  
and  
Margaret Carter



Ann Porath



Lorna O'Reilly



Brenda (Mask) Mullin

## HEALTH CARE AIDES

Valley Manor now has twenty qualified Health Care Aides who have received certification through Algonquin College. The first graduation of Health Care Aides through Algonquin College took place in the chapel/assembly room of Valley Manor. Sister Rosenda Brady, administrator, was honoured to be invited as the Guest Speaker for this first graduating class.

Several of these young women went on to further studies; two are now registered nurses, and one is a registered nursing assistant. Judy Herron and Janet Cybulskie took a special course in Foot Care. The residents appreciate this extra service very much as after a treatment, they experience much comfort. Joan Kitts followed a course through the Ministry of Community and Social Services and now qualifies as an Adjuvant. Joan offers special services in therapy to residents and works in collaboration with the Occupational and Physio-therapists who visit Valley Manor on a regular basis. Debbie Yarascavitch, and Susan Luckasvitch are still on staff at



HEALTH CARE AIDE GRADUATES

Valley Manor. The residents and staff alike appreciate their dedicated and faithful services. The Health Care Aides have formed a Health Care Aide Association. Debbie Cybulskie is President of the Association; Judy Herron, Treasurer; and Diane Kosnaskie, Secretary. This Health Care Aide Association has been in existence since 1978.

In addition to looking after extra treats and activities for the residents of Valley Manor, the Health Care Aide Association made contributions to the following:

*Madawaska Valley Lions' Club  
to help Gerard O'Malley;*

*Jerry Lewis Telathon in contributing yearly  
to assist those suffering from  
muscular dystrophy*

*St. Francis Memorial Hospital Building Fund;*

*Sisters of St. Joseph Peru Mission  
in sponsoring a child in Peru  
to attend school for a year;*

*Christmas Party  
sponsored by the V. M. Auxiliary.*



HEALTH CARE AIDE GRADUATES



## HEALTH CARE AIDES

One of the major fund-raisers is an annual raffle with Health Care Aides Association supplying all the prizes which are valued at from \$350.00 to \$400.00. The draw takes place at the annual Christmas Party put on by the Valley Manor Auxiliary for the residents. The Association acknowledges with a gift those residents who have sold tickets for the raffle.

The Aides make major contributions not only by their regular caring, but by their participating in special events for the residents even when they are not scheduled to be on duty. In June, 1987, the Association not only

bought the materials to redecorate the alcove at the Nursing Station but did the work of renovation free of charge. They provided wallpaper, flowers, new lighting and beautiful mirrors to enhance the area. The Association and the Valley Manor Employees' Committee purchased a microwave oven for the use of the staff in the Staff Lounge. The assistance of the Health Care Aide Association has been invaluable to the Manor.

In 1983 the Health Care Aide Association took on a major project of putting together a Cook Book. This was a very successful project.



### REGISTERED NURSES

Isabel Hickson

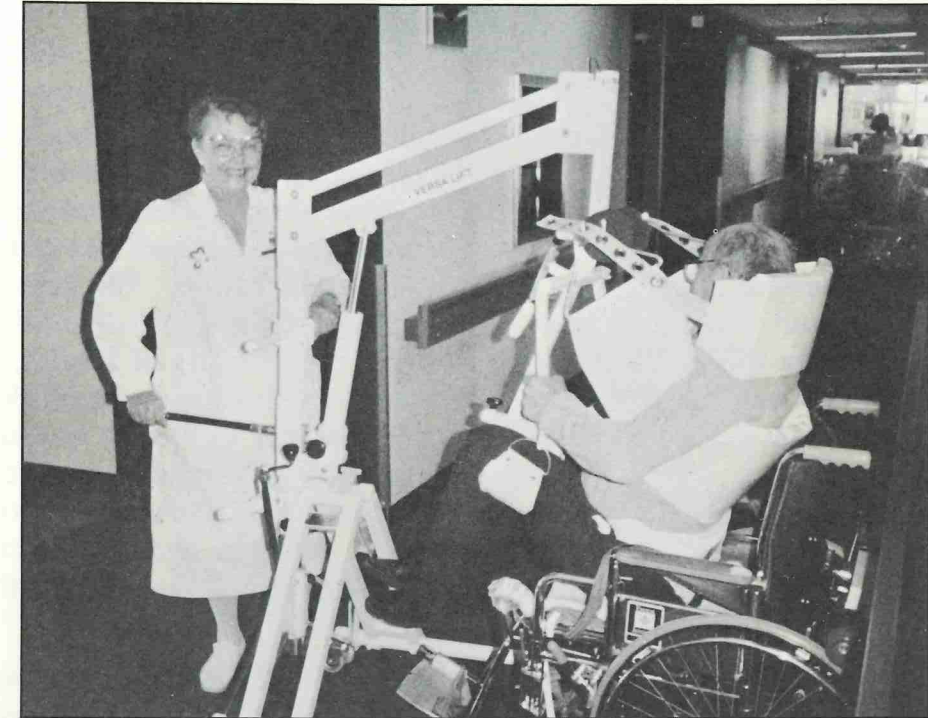
...from Algonquin College, Pembroke...

here at Valley Manor to set up

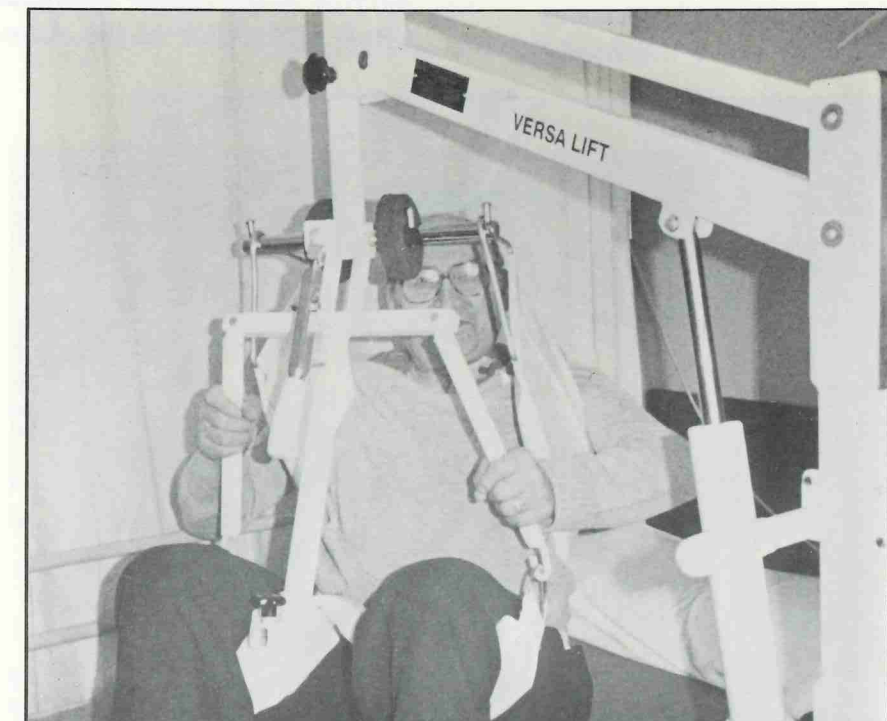
Health Care Aide Course 1988 (third course)

Also pictured:

Judy Brethour (centre), Sandra Keon (right)



Joan Kitts, H.C.A. and Adjuvant  
transferring Tom Cybulski  
in the "Versa Lift"



Tom Cybulski  
ready to be lowered into bed.

## DIETARY DEPARTMENT

Our Dietary Department has two qualified Food Supervisors. Mrs. Loretta Murray, Food Supervisor, was the first to complete her course and is now a member of the Canadian Food Service Supervisors' Association, Toronto. To obtain her certification Loretta followed demanding courses and faced very difficult examinations.

Alicia Prince having also completed her Food Supervisor's Course, was appointed Assistant Food Supervisor on March 1 1985.

Valley Manor's Dietary Staff deserves a great deal of praise for the daily concern for residents evidenced in the serving of a high quality of food, and in the providing of special diets as ordered by attending physicians, and special treats for all functions and activities for residents. They serve the food in

a very attractive manner to encourage residents to eat well. All celebrations and special events involve serving food, and the members of the staff rise generously to every occasion. The department enjoys a visiting registered dietitian from the Ministry of Health, and meets all the standards set down by the Ministry of Health as well as those of the Canadian Council on Health Facilities Accreditation. Staff, relatives, and friends enjoy the benefit of good meals from the Dietary Department.

In 1988 Marie Murray Young also completed her Food Supervisor's Course through the Canadian Hospital Association. Marie successfully completed the examinations of the Canadian Food Service Supervisors' Association and she is a member of the Association.



Dining Room  
with a view



Alicia Prince, Assistant Food Supervisor  
and  
Loretta Murray, Food Supervisor



Dietary Staff

**MAIN OFFICE**

In 1981, Jean Lisk, accountant, completed a long Term Care Organization and Management Course through the Canadian Hospital Association. This is a two-year course. Jean is now in her fifth year of studies as a Certified General Accountant.

Darlene Pecarski has also furthered her studies and graduated in Accounting through the Ministry of Education. Darlene followed courses through the Madawaska

Valley District High School, Introduction to computers Parts I and II. Darlene is very gracious to residents, staff and friends at the Front Desk, sharing her gifts and talents with all who ask for her assistance.

Audrey Burchat also works in the front office on a part-time basis, and is a very valuable staff member. Karen Yutronkie joined the office staff on a part-time basis in 1988.



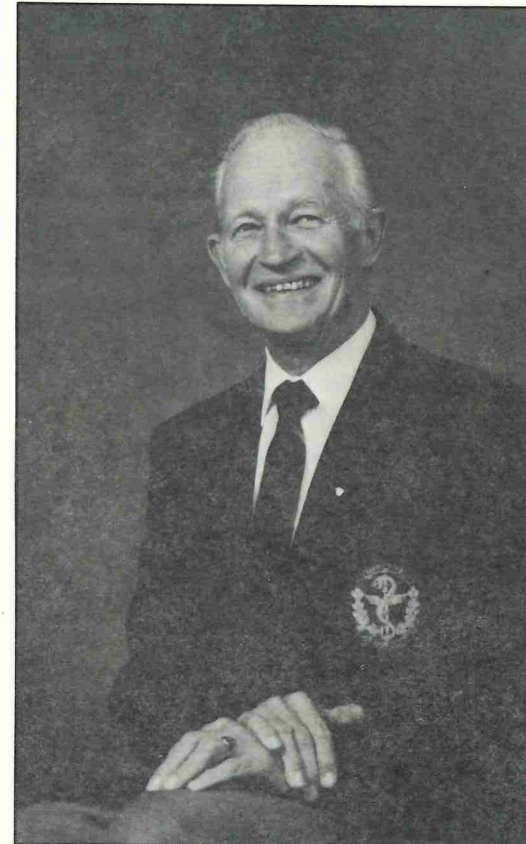
**Audrey Burchat**



**Darlene Pecarski**



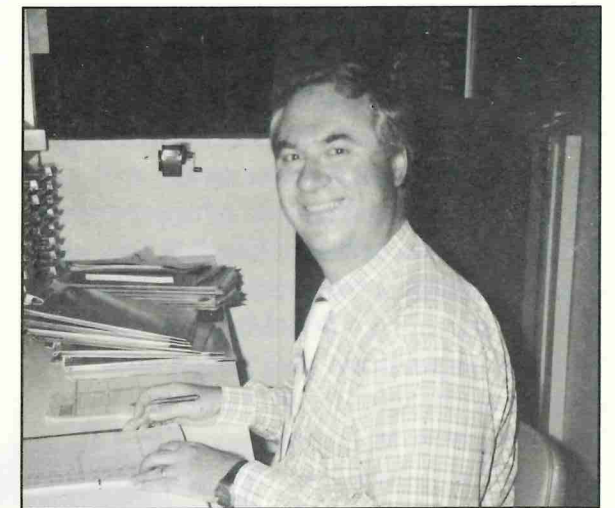
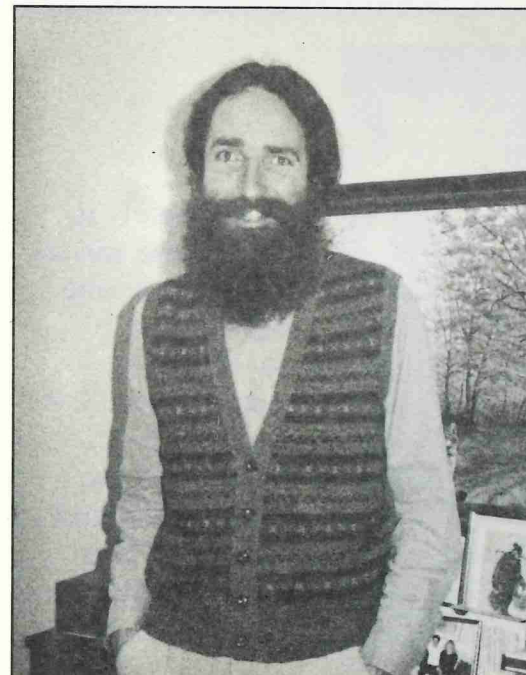
**Jean Lisk**



**Dr. Andrew H. Chapeskie**

and below

**Dr. Bruce Harris**



**Dr. I.E. Henry Teidje**



**Christopher Briggs, Pharmacist**



**Dr. Joseph B. Cybulski**

## MEDICAL STAFF

The Medical Staff has served the residents of Valley Manor in a caring and professional manner as is evidenced in the reports of the Canadian Council on Hospital Accreditation presented by the doctor surveyor. The Ministry of Health inspections also noted with approval the quality of medical service given at the Manor. Dr. I.E. Henry Tiedje was the first Medical Director of Valley Manor and served the Home in its early years from May, 1978 to October 31, 1981, when he had to resign because of his extra responsibilities as Chief of Staff at St. Francis Memorial Hospital and as Coroner for the area. Valley Manor was grateful to him for accepting the position as Medical Director giving medical services at the Home a good start.

Dr. Andrew H. Chapeskie was appointed Medical Director on October 31, 1981, by the Board of

Directors on the recommendation of the Medical Staff.

The Ministry of Health recommended that the Home should have a Designate Medical Director to serve in the absence of the Medical Director. The board of Directors on the recommendation of the Medical Staff appointed Dr. Joseph B. Cybulski to that position.

Four doctors left the Barry's Bay area for purposes of studies and relocation:

**Dr. Kathryn Reducka**

**Dr. Henry Chapeskie**

**Dr. David York and**

**Dr. Elton Nyan**

For 1988-89, the Medical Staff includes:

**Dr. Bruce Harris**

**Dr. Denise Coulas**

**Dr. Robert Kudlak**

## MAINTENANCE DEPARTMENT

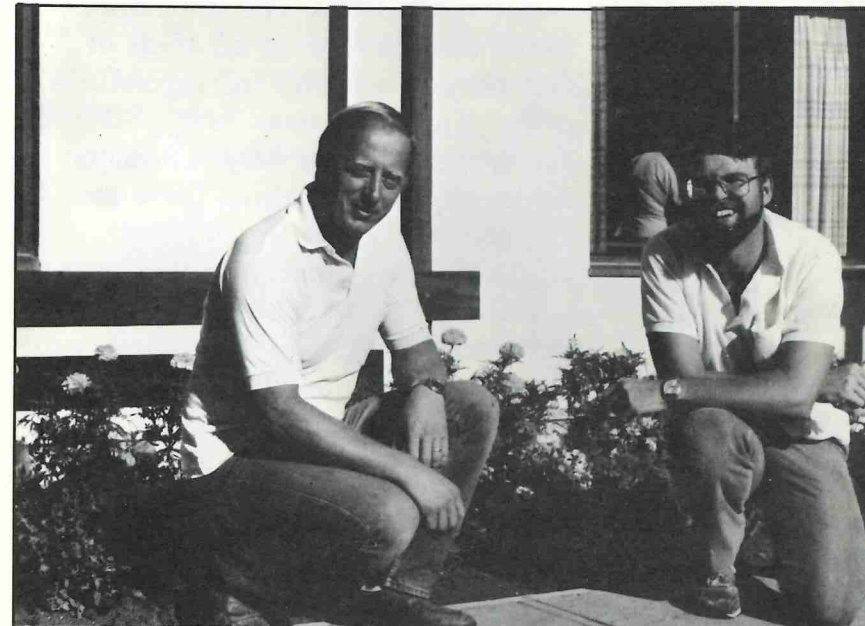
When Bill McGeouch was Plant Engineer he always had beautiful flower gardens in the courtyard and around the Home. This tradition has been kept up by Ron Coulas. In the summer of 1987 Mark Woermke assisted Ron with the many summer jobs and the flowers were exceptional that summer. Ron Coulas keeps the building in good repair and has a general maintenance program throughout the year.

Residents' comfort and safety is given top priority. The Home carries out three fire drills per month, one on each shift. A Disaster Plan Exercise is carried out annually. During evacuation exercises we have included the local hospital, the Ontario Provincial Police, and the fire departments of Barry's Bay and Sherwood, Jones and Burns. This evacuation exercise provides St. Francis Memorial Hospital an

opportunity to put their own disaster plan into effect.

Inservices have been provided by staff and the Ministry of Health. Peter O'Hare of the Fire Marshall's Office has been most helpful to the Home to assist in improving the Fire Plan.

Ron Coulas installed fifty-eight door closers on residents' bedroom doors which are connected to the Fire Alarm System. At the sound of the fire alarm these doors close automatically. Should a fire occur this new system helps to contain the fire and prevents it from spreading throughout the building.



**Ron Coulas,  
Plant Engineer  
and  
Mark Woermke,  
summer 1987**



**Courtyard  
Flower  
Garden**

**MAJOR RENOVATIONS  
AND  
MINISTRY OF HEALTH INSPECTIONS**

Major renovations included: the installation of automatic door closers, a new roof for the Core Block of the building, a new Sub-Station for Nursing to cover the new nursing beds which were reclassified from residential, and a new annunciator panel which was hooked up to door alarms. A new sidewalk was built from the Main Nursing Station to the parking lot for easy access in case of fire. The purchase of a Portable Classroom provided much needed storage space.

The dining room floor was replaced with ceramic tile. This makes the dining area very attractive,

and it is much easier to keep clean. All hardwood floors in the core block were refinished as well. All these renovations took place in 1987.

The Ministry of Health held its annual inspection following these major renovations. The inspectors found that there were no areas of non-compliance with the regulations of the Nursing Homes Act. This represented for the Manor a major achievement considering there are 103 sections in the Nursing Act covering Environment, 100 sections pertaining to fire safety, 255 sections pertaining to nursing, and 30 sections covering dietary services.



**The portable classroom for storage space**

**RESIDENTS' ADVISORY COUNCIL**

The First Residents' Advisory Council began in May 1982 and had been active since that time.

Residents' Advisory Council meets monthly with the Activities Director, Volunteers (on Invitation), and the Administrator or a Department Head.

The Council serves as an avenue for communication among Residents, Administration and Board of Directors. They help plan, in conjunction with the Activities Director, the Recreational Activities Program.

The Council serves as a vehicle for listening to Residents' constructive criticisms and suggestions, and gives them the opportunity to acquire information and work on solutions to problems.



**Harry O'Reilly, Treasurer  
Mike Trudeau, 1st Vice-president  
Stan Skebo, President**

**Estelle Jessup, Secretary  
Lydia Consack, Correspondence**



**Darlene Pecarski on  
her way to the  
Bank...  
in Valley Manor's  
first car.**

## TRANSPORTATION FOR RESIDENTS

To mark the Fifth Anniversary, the Board of Directors purchased a car to provide transportation for the residents for their medical and hospital appointments. For this much needed service, the Board selected a beautiful 1983 Pontiac Parisienne, with good upholstery for the comfort of residents, and air-conditioning so that residents would be comfortable on long trips to the city especially during summer months.

Rev. Kenneth O'Brien who was a resident at Valley Manor at the time, blessed the new car. Residents and staff present asked God for safety on the highways. This prayer was indeed answered as there were no mishaps after four years of travel with this car. In July 1987, the

Board of Directors traded in the Pontiac for a new 1987 Chevrolet Caprice, with extra good upholstery, air-conditioning, and AM/FM radio and tape equipment. This new car was blessed by Rev. Jack Green, R.C. chaplain of Valley Manor. The staff and residents continue to enjoy an accident-free experience. The residents do appreciate these transportation services.

On the 10th Anniversary, a golf car was donated to Valley Manor for residents' use. This golf car is a great asset for residents' picnics in Peter's Park. Many generous people donated funds towards the golf car which cost \$6,000.00 Jamina Cosgrove, a resident of Valley Manor, donated \$1,000.00 towards this vehicle. -



10th ANNIVERSARY

A golf car was donated for residents' use



Valley Manor participating  
in the Timberfest Parade.



Bernice Anderson, Director of Nursing  
"SHARING SANTA"

with

Mary Murat, President V. M. Auxiliary

## VALLEY MANOR AUXILIARY

From the early times when Valley Manor was just a dream, the members of the Auxiliary were at work raising funds to purchase all the linen for the opening of Valley Manor. Everything they set out to do was blessed with success. We wish to acknowledge what the auxiliary has done over the past years for the residents and staff of Valley Manor.

The Auxiliary has provided the following for the comfort of residents: vacuum water jugs, flower vases, a blow dryer and curling iron for the hairdressing department, a beautiful coffee maker in the dining room, emergency lights for all residents' bathrooms in case of a power failure which we do experience, terry cloth bibs, table cloths for special occasions, velcro belts for wheelchairs for residents'

safety, hand rails in bathrooms, and clothing for some residents in need. They presented a 35 mm camera to the activities department so that special events could be photographed and gave a beautiful lounge chair for one of the Lounge Rooms/T. V. Room. The Auxiliary has provided trophies for special events as carried out by the Activities department for residents' life-enrichment programs. Some of the more recent major equipment purchased for Valley Manor and the Auxiliary's contribution toward these major items are the following:

|                       |             |           |
|-----------------------|-------------|-----------|
| V. C. R. Machine      | contributed | \$ 400.00 |
| Video Camera          | contributed | 1,000.00  |
| T.V. large 45" screen | contributed | 1,000.00  |
| A Golf Car            | contributed | 1,000.00  |
| Residents' Draw       | contributed | 75.00     |



EXECUTIVE OF THE AUXILIARY - 1988-1989

Mary Murat, Ursula Burchat, Evelyn Beach, Mary Herron,  
Lucy Jeffries, Edna Cybulski, Eleanor Drystek, and Gwen Woermke.

## VALLEY MANOR AUXILIARY

In addition to major items, on a regular basis the Auxiliary provides birthday gifts for each resident, special anniversary gifts, Christmas gifts for each resident. These gifts are given at the Christmas Party which is sponsored by the Auxiliary assisted by staff, relatives, and friends. On Mother's Day the ladies receive a corsage; on Father's Day the gentlemen receive a boutonniere. At Christmas and at Easter the Auxiliary donates beautiful flowers to decorate the altar for the various Services for staff, residents, relatives, and volunteers of Valley Manor. The members of the Auxiliary are always there for our residents. They are truly "a help for all seasons."

Mr. Lester Coulas, although not a member of the Auxiliary, has been very generous to the residents of Valley Manor. He provided 91 new thermo-jugs for our residents in 1988 to replace the old ones. Lester donated money to purchase special equipment to give foot care to the residents. Over the years he has been very generous with special treats at Christmas and New Year's Day.

Valley Manor wishes to acknowledge our indebtedness to the members of the Auxiliary for the many contributions and services provided to the residents.



CHAPEL SERVICES

left - Hedy Kutchoskie  
right - Joan Kitts



**Rev. Gilbert and Beatrice Holloway**



**VALLEY MANOR AUXILIARY**

**Elaine Strack  
and  
Stella Hudder**

## **PASTORAL CARE SERVICES**

Valley Manor residents are fortunate to have pastoral care services on a regular basis. Valley Manor being a Christian Home in character, these services are provided by all denominations. Pastoral Care Services are co-ordinated by Sister Rosenda, administrator.

Rev. Jack Green is the R.C. Chaplain and provides the Eucharistic Celebration each Sunday as well as during the week. Every three months the Sacrament of Healing is given to all residents who wish to receive it. At these special times, Msgr. Ambrose Pick, Rev. J. Legree and Rev. Norbert Cybulskie offer their assistance. Rev. Norbert Cybulskie also served for a few years as R.C. Chaplain to Valley Manor. There are special services for residents at Christmas, Easter, Thanksgiving, Advent and Lent.

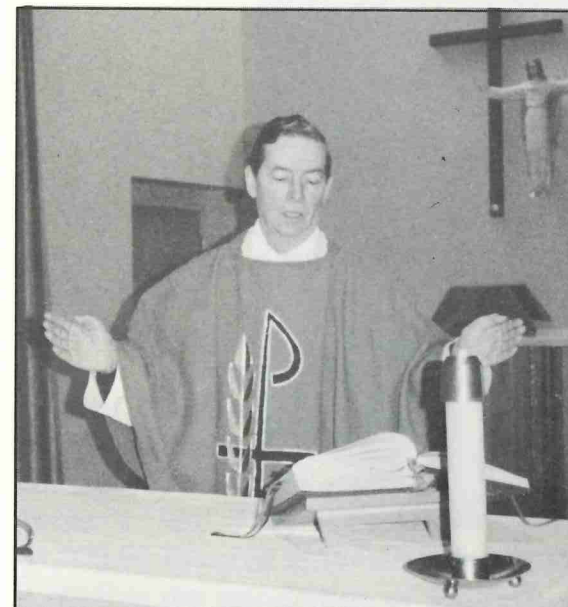
Rev. Bruce Roberts, Anglican Church, Combermere, usually visits once a month.

Rev. Gilbert Holloway, his wife Beatrice, and his group from the Pentecostal Church held services every two weeks. We miss Gilbert and Beatrice as they were assigned to another location. However, the people of Schutt and Palmer Rapids are very faithful to visit the residents and hold services

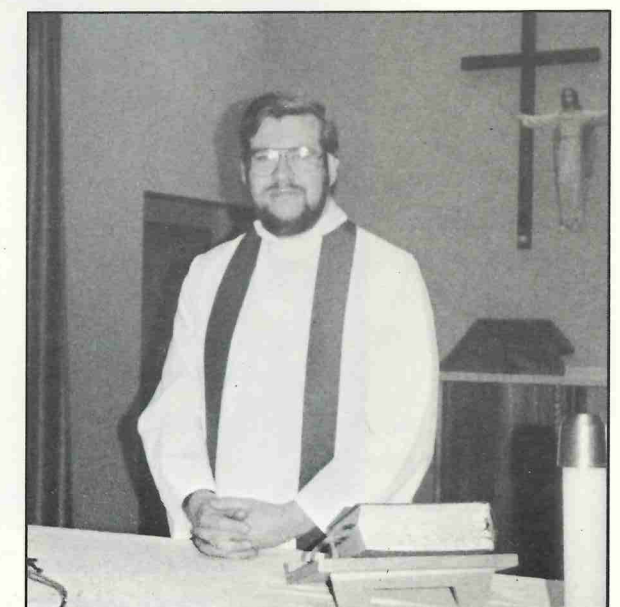
Rev. Ross Davis, United Church, made regular visits to the residents in the early years until he was transferred to Arnprior. He was replaced by Rev. Al Dowber.

Valley Manor enjoys visits from Rev. Clare English, Baptist; Rev. Ted Guthrie, Lutheran Church; Rev. Jim Zurbruggen of Killaloe; Pastor Peter Zwicker of Purdy; and Rev. John Culp.

Sister Martha Prince visits regularly and assists at Eucharistic Celebrations and other special events.



**Rev. Jack Green, R.C. Chaplain**



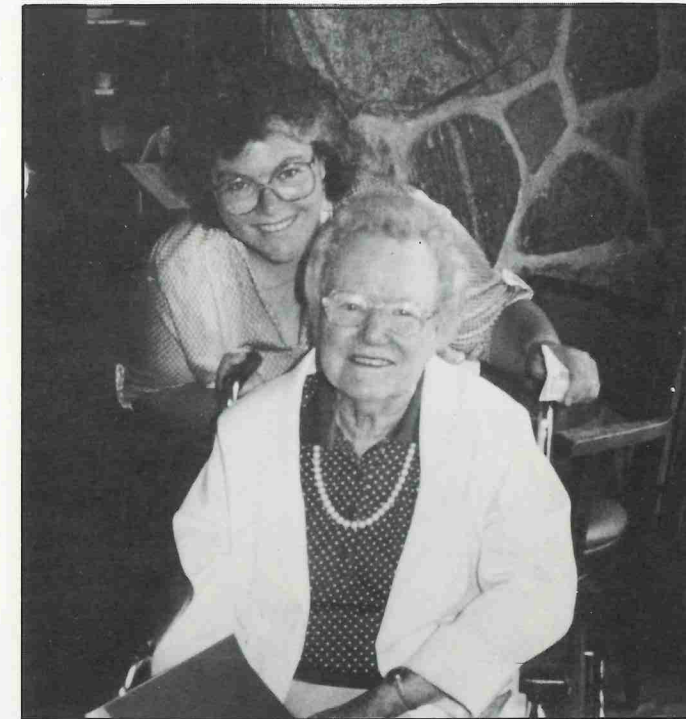
**Rev. Bruce Roberts, Anglican Chaplain**



**Easter Flowers from the Auxiliary  
to decorate the altar.**



**A live baby Jesus "Nicole Etmanskie"  
Photo showing four generations:**



**June Golka, hairdresser with  
Amy "Pat" Norcott with her new hair-do...**

**Terry Noel is the barber who looks after  
our male residents.**

**KNIGHTS OF COLUMBUS,  
BRANCH #6894,  
BARRY'S BAY**

The Knights have been most generous to the residents and staff of Valley Manor. In May 1978, they furnished a private room. During the years of the Manor's operation the Knights contributed to special activities for residents by supplying corsages for Mother's Day and Father's Day. They donated \$1,000.00 towards renovations including the installation of special

door closers connected to the fire alarm system. In 1988, the Knights provided a lighted sign on the Main Street which gives better directions to Valley Manor.

The Board of Directors and the administration are very grateful to the Knights of Columbus for their support.



**CHRISTMAS DINNER / DANCE 1988**

**Loretta Murray, Food Supervisor**  
**Bernice Anderson, Director of Nursing**  
**Jean Lisk, Accountant**  
**Elmer Krieger, Director**  
**Frances Etmanskie, Laundry / Linen Supervisor**  
**Mary Blank, Activities Director**  
**Rita Chatsick, Director**  
**Sister Rosenda Brady, Administrator**  
**Mary Murat, Director and Secretary-Treasurer**  
**Nick Lepinski, Director and President of Valley Manor Inc.**

All Department Heads received their 10-year Service Pins along with Mary Murat, Director.

Nick Lepinski and Elmer Kreiger received their 15-year Service Pins

while Rita Chatsick (Crockford) received her 5-year Service Pin.

**TENTH ANNIVERSARY  
 CELEBRATION**

Valley Manor celebrated its 10th anniversary in May 1988. The celebration began with a Thanksgiving Prayer Service conducted by staff and residents. Readings at the service were centered around "LEADERSHIP WITH SERVICE" and the entire theme was one of gratitude to Almighty God for all He has done in, through, and for us. In the afternoon the residents enjoyed a movie to preserve their energy for the Cabaret Evening. The evening entertainment was provided by the Auxiliary of Valley Manor, assisted by all the staff. Indeed it was a great event because all the entertainers over the past ten years were there to do a couple of numbers each. a video-tape of the 10th anniversary celebrations is available for viewing.

The following groups; the V.M. Auxiliary, the Health Care Aides Association, the Employees' Committee of V.M., the Valley Manor Board of Directors, provided four new swings for the residents to mark the tenth anniversary of the Manor.

The swings were put into immediate action to raise funds for research by the Alzheimer's Society. The residents conducted a very successful swing-a-thon.

## HOUSEKEEPING

Bev. Beanish, our Housekeeping Supervisor, has been with us since May 1978. Bev is a graduate of the Housekeeping Course with the Canadian Hospital Association. Johanna Yandernoll was made the assistant when Jean Hudder retired in 1987 for health reasons. The residents appreciate the cleanliness of the building, and not many days go by that visitors do not comment on the excellent housekeeping.



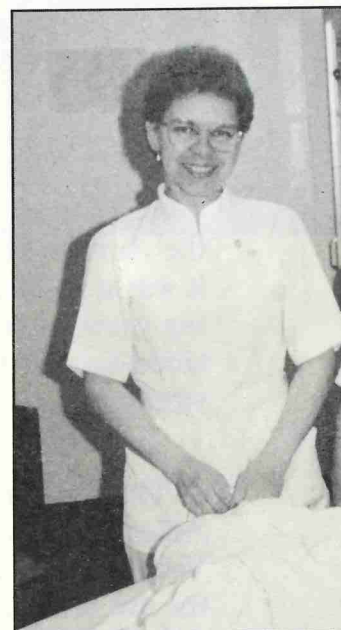
**Johanna Yandernoll  
and  
Bev Beanish**



**Tessie Stoppa**

## LAUNDRY AND LINEN

Frances Etmanskie is the Supervisor of this department assisted by Tessie Stoppa. Frances has been with the Manor for the past ten years and became the Supervisor when Agnes Mask retired. Frances and Tessie do a wonderful job, considering there are ninety residents whose personal clothing is handled by the laundry department. The laundry quarters are small, but the staff appreciated the addition of an air-conditioning unit and a new washer.



**Frances Etmanskie**

## ACTIVITIES DEPARTMENT

The activities department is also known as the life enrichment department for our residents.

Mary Blank, Activities Director, and Nancy Cybulskie, Assistant Activities Director, have many diverse and innovative programs in operation. Joan Kitts, Adjuvant, who works in Nursing, also assists in the afternoon programs in the Activities Department.

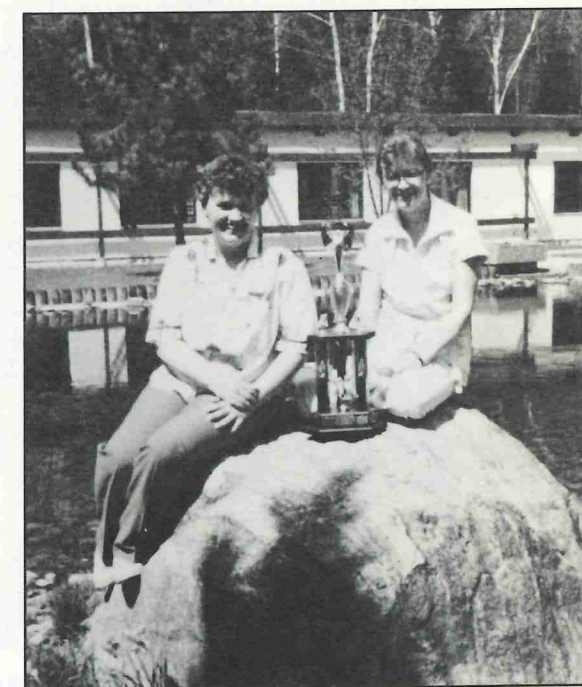
Since Valley Manor opened May 24, 1978, the Activities Department has grown in to a very successful and effective body. The department provides a program of daily, weekly and monthly activities that give our residents quality entertainment to fill in their leisure hours. Volunteers and the Valley Manor Auxiliary as well as Co-Op students from Madawaska Valley District High School have provided additional help and services to our residents through the activities department.

Some of the activities sponsored by the department are: a book club, daily physical exercises, group prayer, programs of hockey, curling, baseball, bowling, shooting, fly casting, trivia bingo, radio bingo, card bingo, music bingo, pool roll, choir, croquet, crafts, tours, outside dinners, picnics, library trips, dancing, music, sing-a-longs, table games, checkers, cards, plays, puzzles, word games, quizzes, spelling bees, parties, horseshoe throwing, fishing trips, the buddy program with school children, fashion shows, shopping trips, teas, plant care, gardening ... and on it goes. Each month there is a special

week of activities to coincide with the season and time of year. The Activities Department faces a great challenge in providing new programs to keep the residents interested and stimulated.

There are seven basic areas in activities which are included in the schedule every week: social, diversional, occupational, serviceable, intellectual, spiritual, and physical. All residents are considered as to their needs and capabilities in the areas of physical, emotional, spiritual and general well-being.

The Ministry of Health has praised the activities department for a variety of programs offered and the "holistic approach" taken in the providing of these programs. The Activities Department appreciate very much the co-operation of staff from all departments throughout the year.



**Mary Blank and Nancy Cybulskie**



**Nancy Cybulskie and Bernice Anderson  
presenting 100th birthday cake to Mabel Stones.**



**Valley Manor Float in Timberfest Parade  
Emerson Smith, Betty Watkin, Mary Blank**

### **ROYAL CANADIAN LEGION, BRANCH #406**

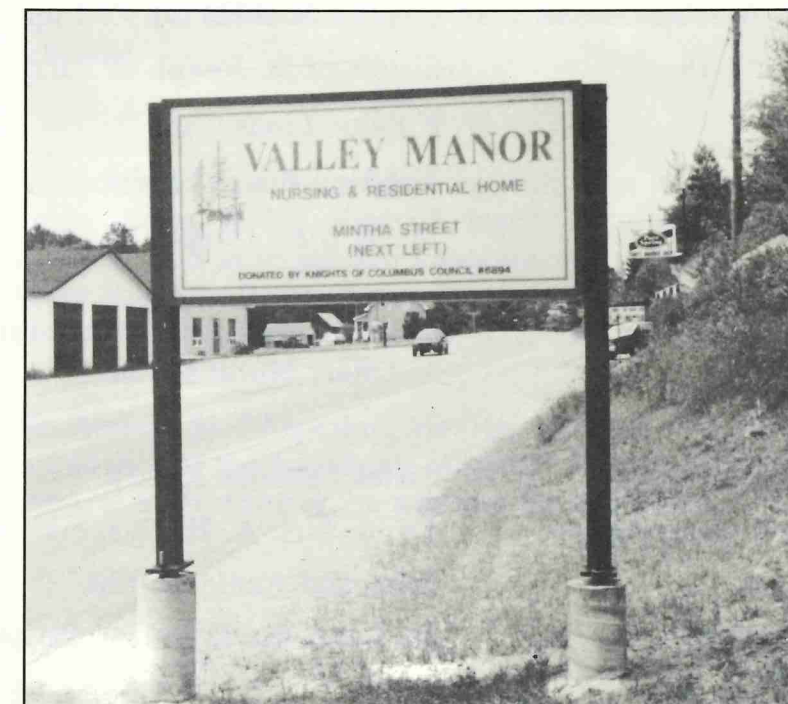
The men and women of the Royal Canadian Legion have been very faithful friends of our residents in providing both services and much needed equipment.

In the Fall of 1986, the Royal Canadian Legion of Branch #406, Barry's Bay, informed Sister Rosenda Brady, administrator, that they were prepared to offer a grant of \$5,000.00. Application was made to the National Headquarters in Toronto of the Royal Canadian Legion to match this grant. National Headquarters did provide the \$5,000.00 so that Valley Manor could purchase ten Hi-Low beds which are used for those residents who are bed-ridden or have special nursing care needs.

Many Residents are War Veterans of both W. W. I and W. W. II.

Members of the Legion visit annually with the residents and staff for the November Armistice Services which take place in the chapel at Valley Manor. This is a very meaningful event. Following the Memorial Service the members of the Legion meet with residents and staff for lunch and a time for socializing in the dining room. The Legion members donate treats for the residents. The members of the Legion also provide a special Bingo once a month, on a Saturday, for our residents.

The Pembroke Branch of the Royal Canadian Legion donated an organ for the Chapel of the Manor for our residents. A plaque has been placed on the organ to acknowledge our appreciation.

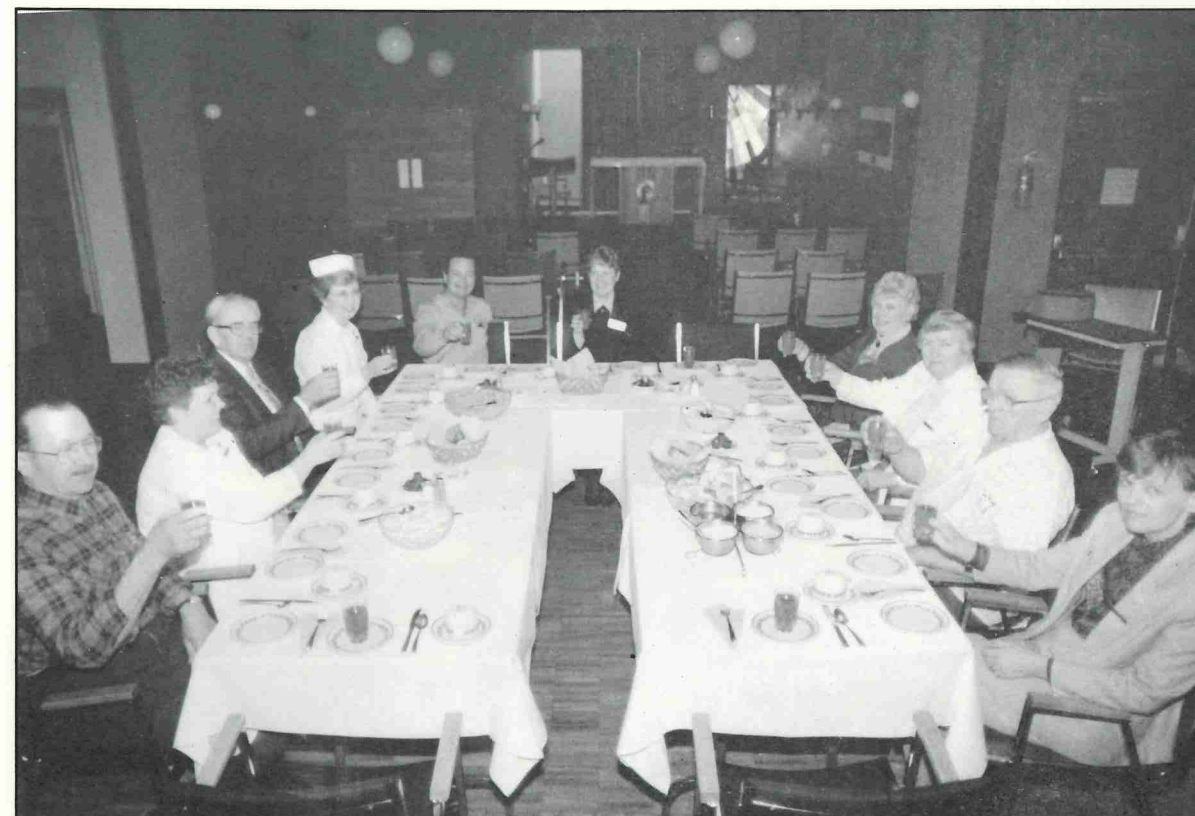


**Lighted Sign donated by Knights of Columbus**

## ACKNOWLEDGEMENTS

### FURNISHINGS FOR ROOMS

|                             |   |
|-----------------------------|---|
| Room #101                   | Bank of Montreal  |
| 102                         | Mr. & Mrs. Dowdall Murray   |
| 103                         | Murray Bros. Lumber Co.   |
| 104                         | Canadian Imperial Bank of Commerce,<br>Killaloe                             |
| 106                         | Madawaska Valley Lions Club   |
| 107                         | In Memory of Thomas Patrick Murray<br>by the Estate of Olive (Murray) Duffy |
| 113                         | Malcolm Landon  |
| 115                         | St. Andrew's Catholic Women's League  |
| 118                         | C. W. L. Barry's Bay, St. Lawrence<br>O'Tooles Parish                       |
| 20                          | Sisters of St. Joseph of Pembroke   |
| 17                          | James W. Conway, Irene Conway<br>and Family                                 |
| 16                          | Sisters of St. Joseph of Barry's Bay  |
| 13                          | Killaloe Lions Club   |
| 12                          | The Ron Briggs Family   |
| 2                           | Mr. & Mrs. Thomas Shulist   |
| 120                         | In Memory of James Galbraith<br>(Mary Murat's father)                       |
| Chapel vestments, vessels   | - Sister Felicitas Kuiack   |
| Chapel stained glass window | - Dr. & Mrs. A. H. Chapeskie  |
| Altar                       | - John and Annie Mintha   |
| Chapel renovations          | - St. Lawrence O'Toole's Parish   |



Canadian Council on Health Facilities Accreditation sent Jan Laughlin, R.N. to resurvey Valley Manor on April 13, 14, 1989. Another 3-Year Accreditation Award was achieved.

Accreditation Luncheon Meeting with John Hudder, Director; Linda Shulist, R. N.; Elmer Krieger, Bernice Anderson, D.O.N.; Bob Mitchell, Jan Laughlin, Mary Murat, Sister Rosenda Brady, Administrator; Stan Skebo, President of Residents' Advisory Council; and Jean Lisk, Accountant.

Dr. Andrew H. Chapeskie, Medical Director, was also in attendance at the Luncheon Meeting. Due to another Medical Staff meeting, he was late for the photo.



### **FIRE SAFETY**

Valley Manor conducts three fire drills per month to ensure residents safety against fire.

Fire Departments of the Village of Barry's Bay and the Municipalities of Sherwood, Jones and Burns have an evacuation exercise at Valley Manor once a year. Mr. Peter O'Hare of the Fire Marshall's Office has been most helpful in co-ordinating the Fire Safety Plan along with the staff of Valley Manor.