



South Granville Park Lodge
www.sgplodge.com

OUR CIRCLE

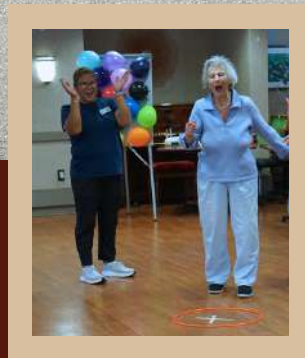


**GRACIOUS
RETIREMENT
LIVING
FOR OVER
55 YEARS**

FALL EDITION
2024



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— Meaningful Days —



At South Granville Park Lodge, we are committed to ensuring that each day is defined by purpose, engagement, and fulfillment for our residents.

Our guiding principle, 'Meaningful Days,' embodies our core philosophy of enhancing and enriching the lives of our community.



Lolita's Retirement

After 35 years of dedicated service, Lolita is retiring as a care aide from South Granville Park Lodge, where she has touched countless lives with her warmth and compassion. She lovingly refers to the Lodge as her second home, surrounded by a community that feels like family. Lolita's unwavering commitment to the well-being of residents has made a profound impact, and her presence will be dearly missed. As she embarks on this new chapter, her legacy of care and kindness will continue to inspire all who had the privilege of working with her.

Content



As autumn sweeps in with its cool breeze and vibrant colours, we find ourselves embracing the beauty of this season—a time for reflection, connection, and cherished moments. At South Granville Park Lodge, fall isn't just a change in the weather; it's a celebration of the unique lives and stories of those who call this place home.

At the Lodge, something special unfolds every day—whether it's the spark of laughter over a shared memory or the quiet joy of discovering something new.

This season, we're focusing on creating intimate and heartwarming moments that truly matter, from cozy fireside chats to meaningful activities that enrich the soul. Our community thrives on these connections, and we are honoured to be part of such a rich fabric of lives and experiences.

This fall, we have an exciting lineup of events planned at the Lodge! Join us for our Oktoberfest celebration, where you can immerse yourself in festive traditions. We're also thrilled to welcome West Coast Exotics BC, who will be introducing eight fascinating exotic animals for the first time! Additionally, we'll provide an opportunity for advanced voting for the 2024 provincial election, ensuring that everyone can have their voices heard. Don't miss out on these fantastic events!

We hope this issue inspires warmth, joy, and a deep sense of belonging. Thank you for being a part of our family.

Margareta Stavridis, Administrator

Our Team



Doreen Buksh-Khan
Assistant Administrator



Carol Ganotisi
Director of Recreation



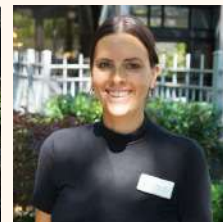
Kathleen Alexander
Director of Finance



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Director of Care



Dana Jones
Admissions Coordinator & Community Liaison



Leanne Folkerson
Food Service Manager



Jeremy Sicherman
Founding Family Member

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– Meaningful Lives –

Verna Fairhurst

Born in 1918 in Saskatoon, Saskatchewan, Verna Fairhurst's life has been a remarkable journey filled with adventure, creativity, and resilience. Raised in a time when her father's entrepreneurial spirit introduced the family to innovations like electricity, Verna was always forward-thinking. Her early years were marked by exploration, such as a family trip to the 1933 World's Fair, which instilled in her a lifelong love for learning and travel.



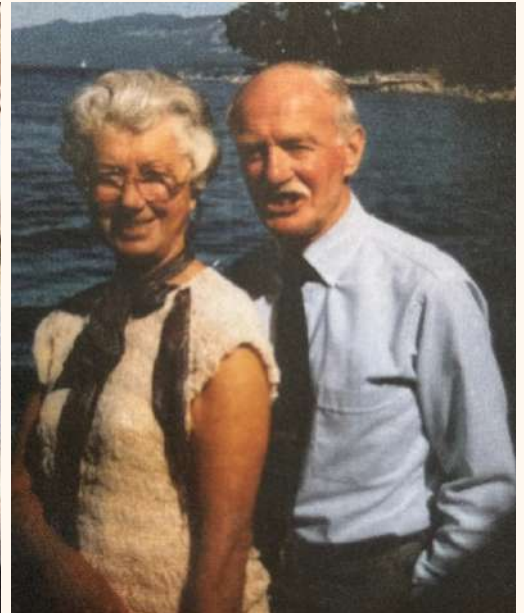
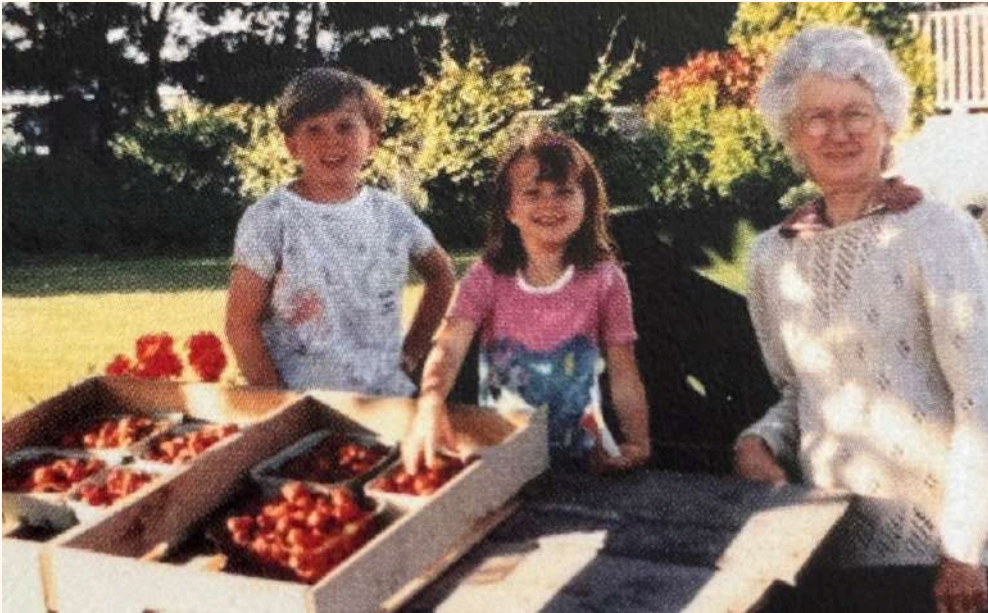
Verna's academic path was as diverse as her interests. After graduating from Nutana High School, she embarked on a journey of higher education that spanned from The University of British Columbia to The University of Saskatchewan, earning a Bachelor of Science in Home Economics in 1941. Verna's sense of duty and compassion led her to volunteer with the Red Cross during World War II.

Her education was the foundation for her diverse career, which ranged from being a dietician at VGH to both a lab technician and supply chain troubleshooter for Jersey Farms Dairy on Broadway and Arbutus. Her time at both institutions allowed her to blend her scientific curiosity with her love for community service. She even wrote newsletters for soldiers overseas.

Verna's personal life was equally rich. While at UBC, Verna had garnered a passion for skiing through her Varsity Outdoors Club trips to Hollyburn Mountain. A passionate dancer, she spent her youth at the Commodore Ballroom and The Roof, where her dance card was always full.



Meaningful Lives



In 1946, she married Norman, and they built a life full of shared enterprises and adventure, from running a resort on Vancouver Island to cultivating a raspberry farm in Richmond, all while raising three children.

In her later years, Verna's creativity flourished. A talented watercolour painter, ceramicist, and gem enthusiast, she was always surrounded by beauty and craftsmanship. She dedicated much of her time to giving back, knitting children's items for donation and quilting with her church group. Gardening, a lifelong passion, remained a staple of her daily life.



Despite the many challenges life presented, Verna's outlook remained positive. Described by her daughter as "very giving" and "always finding the bright side," she was known for her honesty, diligence, and boundless love for her family. Verna traveled the world in her later years, from Greece to Cuba, and embraced every experience with an open heart.




Verna's life is a testament to the power of resilience, community, and creativity. Whether nurturing her family, creating art, or contributing to her community, Verna has always done so with grace and an unshakeable commitment to those she loves. A truly remarkable woman, she continues to inspire all who are lucky enough to know her.



Canada Day



On July 1st, 1867, the Constitution Act created Canada. This year, we observed Canada's 157th Anniversary of Confederation. To celebrate, we listened to the wonderful Lorraine Smith and ate some classic Canadian treats such as Timbits, Smarties, and Caramilk! We  Canada!





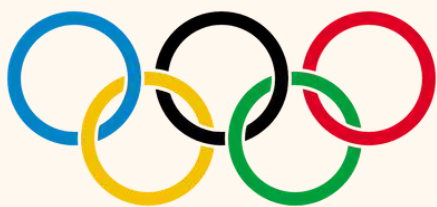
India Day



India Day celebrates India's independence from British colonialism on August 15th, 1947. British rule lasted 200 years and this year celebrates 77 years of independence! At the Lodge, some of our staff showed pride in their Indian heritage by wearing traditional clothing. Women wear a saree and men wear a Sherwani. Our talented staff also performed a lively Bhangra dance for the residents!



Sports Day Game On!



Just in time for the Olympics, residents and staff at South Granville Park Lodge competed in our annual sports day event! The crowd cheered the participants on, boosting moral. Everyone had the opportunity to win prizes including a Lodge favourite-KitKats!

Sports Day

List of Events:

- 🎯 Lawn Darts
- 👥 Tug-of-War
- 🪑 Musical Chairs
- 📦 Gift Relay
- 🥚 Egg Relay
- 🎯 Ring Toss
- 🎈 Balloon Pop



— Staff Features —



Food Service Manager: Leanne Folkerson

Introducing the new Food Service Manager, Leanne Folkerson. Leanne has worked with WestCana since 2019 and has spent most of the last several years working at Frasersview Retirement Community and Rosewood Manor. Leanne comes from a background of working in restaurants as a cook prior to that time. She loves Vietnamese cuisine, the Mediterranean diet, and can't resist a good charcuterie board. Outside of work, Leanne likes to spend her time in the garden and doing craftwork such as needlepoint, felting, and painting.

Admissions Coordinator and Community Liaison: Dana Jones

Dana Jones is the Admissions Coordinator and Community Liaison at South Granville Park Lodge. Dana stepped into this role in 2024, but she has been at the Lodge since 2017 as a receptionist as well as the administrative assistant. Dana originally obtained diplomas for Medical Office Assistant and Unit Health Clerk, but in 2023, she expanded her expertise by completing a Long-Term Care Management course at BCIT. Dana's empathetic nature and excellent communication skills enable her to build strong connections with residents and families, guiding them through the admissions process with care and compassion. In her spare time, Dana enjoys reading and listening to podcasts



Fall Feasting at the Lodge

At South Granville Park Lodge, we believe that exceptional food is more than just a meal; it's an experience that nourishes the body and warms the soul.

Our lovely kitchen has incorporated quality ingredients and seasonal autumn staples. These flavours blend harmoniously to create hearty and comforting dishes that embody the essence of fall.

Once again we would like to remind families to book with us and enjoy a meal with their loved ones.



Butter tart with whipped cream, strawberries, and a decadent caramel drizzle



Roast beef sandwich with fresh spring mix salad



Baked mac & cheese and a refreshing salad with peppers, tomatoes, and cucumbers

— Music —

Bob Collins

Bob Collins has been a beloved performer at South Granville Park Lodge since the fall of 2018. Growing up in the vibrant musical culture of St. John's, Newfoundland, he was surrounded by melodies and rhythms from an early age. Bob picked up the guitar at eight years old, drawn to acoustic legends like James Taylor, Cat Stevens, and The Beatles, as well as the East Coast and Irish influences that filled his hometown. His natural talent shone through early on, when he began teaching guitar at his local community center by age thirteen. "Teaching others was a wonderful way to share my passion," Bob recalls. For Bob, singing has always been a form of universal joy. "Singing is something we can all do, and it brings both physical and spiritual joy," he says.



His unique musical perspective is influenced by his experience with aphantasia, a condition where he cannot visualize images. "I hear music in my head as vividly as others see pictures. I can picture guitar chords the way someone else might picture a tree they've read about in a book."

Bob has built a close connection with the residents and staff at the Lodge. "It feels like I've been performing at the Lodge forever, in the nicest way," he says. "I love the warmth and energy; it makes me want to bring my best every time." Even during COVID-19, when lockdowns limited contact, Bob felt the music became more important than ever, providing comfort and a sense of normalcy to residents.



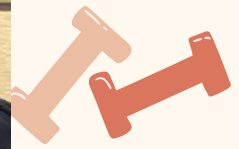
He enjoys themed events, which challenge him to explore different styles. "Carol at the Lodge loves to throw new themes my way, and it's a fun way to shake up my usual setlist. The 50s and Summer themes are probably my favorites."

Outside of the Lodge, Bob performs 120 to 150 times a year at various seniors' residences and pubs. He plays solo gigs and is part of two duos—one with a fiddler and another with a friend he's been singing with for over 42 years. "I play everything from traditional folk to modern popular music, depending on the audience," he says. For Bob, it's simple: "Music is about connecting with people, sharing stories, and making each other happy."

Weight Training

In the words of the famous Greek philosopher, Socrates, "It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable." Weight training offers seniors the chance to rediscover and nurture that strength, ensuring that age is met not with frailty, but with vitality and grace.

Ageing is inevitable, but losing strength and independence doesn't have to be. Weight training is highly beneficial for seniors as it helps build and maintain muscle mass, improving strength and mobility while reducing the risk of falls and fractures. It also enhances bone density, mitigating the effects of osteoporosis and arthritis, and supports better balance and posture. Weight training also boosts metabolism, promotes better sleep, and can improve overall mental well-being. With the right guidance, weight classes can become a powerful tool in fostering not only physical wellness but also mental and emotional resilience. Weight lifting classes are offered at the Lodge.



Benefits of Weight Training for Seniors

Pain Free Living

- Weight training can help reduce general aches and pains that come with age, as well as disorder specific pain.
- Reducing overall pain levels allows for greater ease when moving.

Mental and Emotional Outcomes

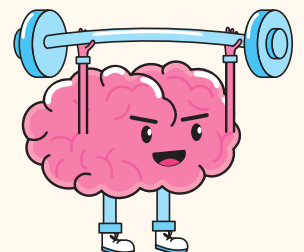
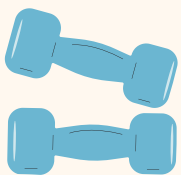
- Weight training improves health related factors, which can improve physical capabilities as well as a person's mental and emotional state.
- Improved physical capabilities allows for a more socially engaged lifestyle!
- Weight training improves overall mental, emotional, and cognitive health.

Urinary Incontinence

- Two out of every three women struggle with urinary incontinence. Weight training in senior women showed a 50% reduction in daily leaks and better bladder control.

The Verdict

- Weight lifting is a crucial aspect of improving the overall quality of life for older adults and seniors.





Staff Appreciation

Longevity Awards: 16 Recipients



We are so fortunate at South Granville Park Lodge to have such caring and dedicated staff. We appreciate your unwavering commitment to the Lodge, building community and a place for our residents to call home. It is so special to celebrate this milestone with you, nurturing the community of the Lodge, as well as the legacy you are helping to build and uphold. Thank you for your years of service and the love and dedication you continue to bring everyday!



— History of the Lodge —

Jack Sicherman

This year, South Granville Park Lodge proudly celebrates its 55th anniversary. More than just a building, the Lodge has become a cherished community that embodies the values of care, compassion, and connection—a true testament to the vision of its founder, Jack Sicherman, former Administrator Deborah Tobias and our current Administrator Margareta Stavridis.

Jack was born in November 1922 in Černa, Czechoslovakia with community care in his heart. He was the eleventh of twelve children in a Hasidic Jewish family. His father was a businessman in the lumber industry. His mother helped run the Cheder, a school in their own home that anyone in the community could attend.



During World War II, Jack was a prisoner at Auschwitz and Mauthausen concentration camps, before being liberated by the Russians during Passover in 1945.

Following the war, Jack became involved in helping Jewish people cross the border into Hungary. He ended up in Germany and was one of nine Jews sponsored by the Canadian Pacific Railway to come to Canada. He landed in Halifax in December 1947, was stationed in Port Alberni for a year, and then moved to Vancouver where he met and married Estelle Sicherman.



Initially after arriving in Vancouver, Jack started working as a labourer, which led him into construction. He built throughout the Vancouver area and in Seattle as well, with many of his buildings still standing today in the same neighbourhood as the Lodge. In the late 1960s, he constructed what would become South Granville Park Lodge.

Over the years, South Granville Park Lodge has evolved into much more than a retirement facility. It has become a home and a community, thanks in large part to the dedication of its wonderful and caring staff. Jack felt that the Lodge filled the hole in his heart from the loss of his family's school before the war.

Jack's passion project "the Lodge" was passed onto his grandson, Jeremy Sicherman, who, alongside Administrator Deborah Tobias, upgraded the facility in the early 2000s and began offering extended care services. Deborah was instrumental in shaping the Lodge's philosophy of meaningful days.

Today, South Granville Park Lodge continues to thrive under the leadership of its current administrator, Margareta Stavridis. Margareta carries forward the legacy of care established by her predecessors, Jack and Deborah, embodying the values that have come to define the Lodge for more than half a century. Working alongside Margareta is Doreen Buksh-Khan, assistant administrator, who has been a steadfast and caring presence through it all, supporting the Lodge's growth and nurturing its community.

The Lodge's 55-year history is marked by the unwavering commitment of its staff. Many of them have been here since the early days, growing up alongside the Lodge and contributing to its warm, family-like atmosphere. Their dedication has made the Lodge more than just a place to live—it has made it a true home.

As we celebrate this milestone anniversary, we honour Jack Sicherman's legacy and the generations of staff who have continued to uphold his vision. South Granville Park Lodge remains a place where community and care go hand in hand, providing a safe and welcoming home for Vancouver's seniors.

— New Faces —

NEW RESIDENTS

Welcome to our residents!
We are so excited to create amazing memories
with you alongside meaningful days.
Welcome to our South Granville Park Lodge family.



Mr. Martin Kay



Mr. Jacob Rempel



Ms. Carol Smythe



Dr. John Starkey



Ms. Pauline Patricia Marchini



Mrs. Barbara Kelly

Residents Not Pictured:
Mr. Kai Chuen Kam
Ms. Dora Sheffer Churgina

Birthdays

October

Mr. Robert Stevenson	4th
Mrs. Mary Cecile Loubert	6th
Mrs. Dorothy Robertson	6th
Mrs. Janet Fraser	16th

At South Granville Park Lodge, we have birthday celebrations every month to honour and celebrate our residents' birthdays.

November

Mr. William Donnelly	5th
Mr. Elliott Grieve	15th
Mrs. Beverley Gropen	29th

December

Mrs. Shirley Scratchley	1st
Ms. Donna Love	3rd
Ms. Dora Sheffer Churgina	4th
Mrs. Margaret Redmond	8th
Dr. Gerry Snyder	12th
Ms. Sylvia Unkovich	18th
Mr. Wayne Helfrich	18th
Ms. Frances Newsome	25th
Miss Sumiko Fukada	25th
Ms. Carol Bolton	28th



Verna celebrating her 106th birthday!



Bulletin Board

Fitness Class
11am & 12pm
Everyday in the friendship room



or join us for our daily
Walk a Block

Book Some Time With One of Our
Rehabilitation Assistants
Monday to Friday
Appointments at Reception



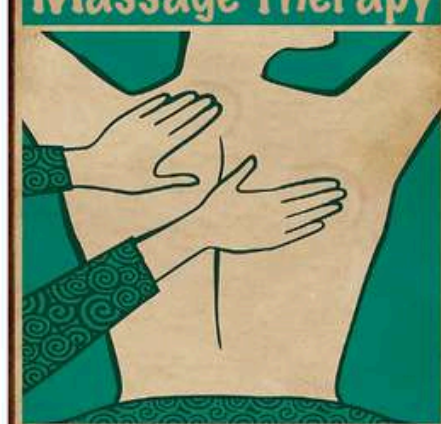
The Tuck Shop
At Reception: 10am - 2pm

Hairdressing




Wednesday 9am - 5pm
Book your appointment at reception

Massage Therapy



with
Trevor Garrecht, RMT
Book your appointment at reception

Library Services



Offering a selection of audio books from the Vancouver Public Library

Books can be signed out between 10am and 2pm

Large Print Books are also available at reception

Residents may obtain a
Cash Advance
from their
Comfort Account



At Reception From 10am to 2pm

Our Circle

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HONOURING AND REMEMBERING

We come together to honour the lives of
those who have passed away, our beloved
residents who graced us with their
wisdom, laughter, and enduring love.



It is with sadness we note the passing
of:

Mrs. Rose Senetza
Mrs. Anna Miu
Mrs. Marybeth Hovenden
Dr. Lesly Merrill
Mrs. Pearl Patrick
Dr. Alastair Carruthers
Mr. Dan Sonnenschein
Mrs. Isabel Pitfield



Welcome to our Family

South Granville Park Lodge is an owner-operated family business offering intermediate and extended care to seniors in our community for more than 55 years. Our family comprises residents, their care providers, and advocates. We all live, work and visit here in our home, the Lodge



At the Lodge,
we are
committed to
creating
meaningful
days for our
residents.

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Gracious retirement living for over 55 years



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