



Honouring our Roots

Northwood began in 1962 as a social movement. It was a time when many seniors lived below the poverty line. They lived in quiet desperation, in substandard housing, often living in isolation, loneliness and helplessness. They had no voice and no means to advocate for change. They found a champion in Edward L. Roach.

At a public meeting of services clubs, churches, politicians, labour and the general public held in 1961, Ed spoke passionately about the plight of seniors and the need for affordable housing. The meeting resulted in a call to action and the creation of the Halifax Senior Citizens' Housing Corporation (HSCHC) with Ed Roach as president. Northwood was born.

Northwood would become a voice for seniors in Nova Scotia, demanding a new approach to aging in place. In time, Northwood became Nova Scotia's leading provider of programs and services for older adults across the continuum of care.

Ed Roach retired in 1987, handing over a dynamic, caring organization committed to innovation and change. Northwood can look back with pride at our contribution to the development of a comprehensive continuing care program that is now part of Nova Scotia's health care framework. Today, Ed's legacy continues through the organization he created.



EDWARD L. ROACH
1927 - 2012

On February 15, 2012 Edward L. Roach passed away. "Ed" was the founder of Northwood and its first president. Ed touched many people during his lifetime - staff, volunteers, residents and clients, both past and present. We all benefitted from his dedication and his commitment to the community.

His legacy continues through the organization he created. Northwood's 50th anniversary issue is dedicated to his memory.

Celebrating 50 Years

This year, Northwood celebrates 50 years of service to the community. It's an important milestone to reach and we wanted to share Northwood's people and their accomplishments with you.

This Yearbook edition of Life Magazine captures a moment in time. It looks at the roots of our organization and helps us honour those who came before us. It celebrates the present and recognizes our staff, residents, clients, volunteers and board members, and their stories. And finally, it looks towards the future and where our organization is headed.

We hope you enjoy reading Northwood's 2012 50th Anniversary Yearbook Edition of Life Magazine and that you'll keep it as a personal memento of your time with this wonderful organization! And of course, don't forget to have your friends and co-workers autograph your copy.

Tara Dunn
Editor, Life Magazine



**2012 NORTHWOOD
BOARD OF GOVERNORS**

Back: Rick Kelly, Sheldon Lipkus, Keith Cameron, Peter Wilde, Sandra Hennigar, John Rahey and David Perrier. Front: Dr. Louise Cloutier, Patrick Flinn and Susan Kirkland. Missing: Gary Kelly.

Introducing Noreen Cooper Tenant, Northwood Towers



Noreen Cooper has called Northwood 'home' for the past 30 years. She and her husband Ron moved into Northwood Towers in 1982 after volunteering for three years in Recreation Therapy. "We realized we didn't need our three-bedroom home anymore, so when we had the chance to move to a place where the rent was reasonable, we took it."

Ron played the organ and would bring it from home to provide music for the residents. He started the 'Sing-a-long with Ron' program in the early 80s, and as the years went on, the program became quite popular. Noreen was the Vice President of Northwood's Resident Council until 2000 and knew most of the other tenants living in the Towers and the Manor. "Resident Council back then was very busy," says Noreen. "We did birthday parties for all the floors in the Centre and Manor, and held dances and parties."

Noreen is one of the pioneer members of the Northwood Broadcasting

Club (NWBC) and spent many hours planning how the station would run, what music it would play and who the DJs would be. She and Ron also spent a lot of time with Ron's two brothers and sister, who also lived within the apartments at Northwood. "I've had quite a life," says Noreen. "It's been full of good times."

At one time, Noreen was very close with the staff and knew most of the people around. She talks about Ed Roach, Lloyd Brown and Paul Tracey with fondness: "They would do anything for you and Ed would always greet you like he'd known you forever." Even through all the changes and the loss of many of her friends, Noreen remains glad to be here. "Change is usually for the better," she says. "I'm still happy; everything's here that I need, why would I ever leave."



Over the past 30 years, Noreen has given so much to Northwood, through her volunteer work and camaraderie. And while she still enjoys visiting with old friends, she also likes being by herself, relaxing with a good book. Noreen says she has no regrets and no intentions of leaving Northwood; it's her home.

Noreen was born in Halifax on July 29, 1920. As a young girl living in the city, she would take her 25-cent allowance and spend 10 cents of it on chocolates at Moirs, and 10 cents to see a movie. "I thought that was pure heaven." From age 17 to 24, Noreen worked at Woolworth's and remembers making \$25 a week. "I loved clothes and used to dress pretty well." In 1944, she married Ron Cooper, whom she met through a singing chorus they were both part of. Noreen has two children, Terry and Donna; four grandchildren and three great-grandchildren.



Friday, November 6, 1971

THE MAIL STAR

HALIFAX SENIOR CITIZENS' HOUSING CORPORATION LIMITED

NORTHWOOD MANOR

"A Home for Senior Citizens"

NORTHWOOD MANOR

It is a great place to live, offering for the first time to our people of advanced years, who are fully independent in regard to self-care, an alternative to a nursing home!

Northwood Manor provides a Resident Care Program under the direction of a full time nurse and offers to all our residents, a full range of Health Counselling, aimed at assisting our residents to function at their maximum physical, emotional and social capacity designed to be both "Preventive and Rehabilitative".

NORTHWOOD MANOR

is one of the most exciting developments in Canada today providing a whole new approach to comfort and stress for senior citizens. Simply, it is aimed at providing geriatric or inappropriate institutional placement of our elderly.

Living accommodations are all the finest. Private and semi-private studio rooms are fully furnished including heating, carpeting and drapery plus many other features in rooms such as Radio, Stereo, TV, Gas Heat, TELEPHONE and TELEVISION hookup in each room. Other amenities include a completely automatic sprinkler system throughout, extensive style dining room, spacious lounges and terraces on each floor with a panoramic view of our beautiful Halifax Harbour.

RATES

(permanent) Residents:

Single Studio Room for a single person \$6.13 per day (\$183.94 per month)

Double Studio Room for two persons @ \$5.80 per day (\$551.86 per month \$175.92 each)

Double Studio Room for one person \$9.25 per day (\$278.25 per month)

RATES

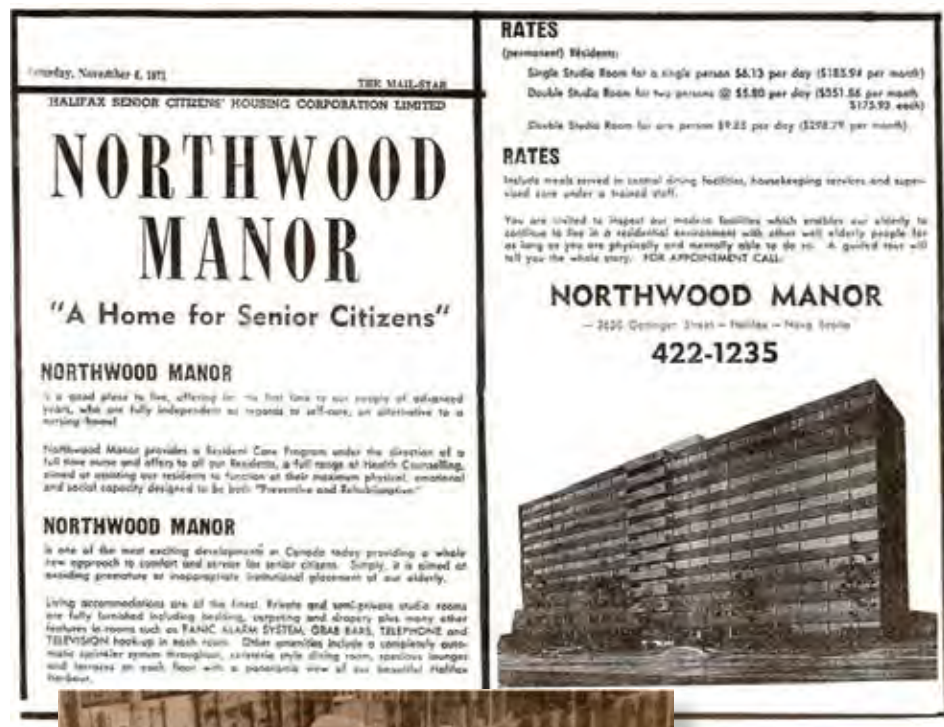
Includes meals served in external dining facilities, housekeeping services and supervised care under a trained staff.

You are invited to inspect our modern facilities which enables our ability to continue to live in a residential environment with other well elderly people for as long as you are physically and mentally able to do so. A guided tour will tell you the whole story. FOR APPOINTMENT CALL:

NORTHWOOD MANOR

— 2495 Gormer Street — Halifax — Nova Scotia

422-1235




Hedley G. Ivany, Northwood Founder; Edmund Morris, Minister of Social Services; Edward L. Roach, Northwood Founder; Ralph Medjuck, Northwood Developer; and Ron Wallace, Mayor of Halifax.



Queen Elizabeth's visit in 1976



Social Services Minister, Harold Huskisson, centre, presents cheque from the province towards the construction of Northwood Centre to Hedley Ivany, President and Edward L. Roach, Executive Director of the Halifax Senior Citizens' Housing Corporation Limited.



Resident manicures during World Health Day, May 1988



Early days of Northwood Intouch, 1988



The site of Northwood Centre before construction began in 1974.

Looking Back

How we've led the way



Apartment Living - In 1966, Northwood opened the first specially designed, self-contained apartment building for seniors in Halifax. Today, Northwood Towers is one of three independent living facilities owned by Northwood (Northwood Manor and Almon Place).



Licensed Bar and Lounge - In 1977, Northwood opened "Tiffany's," the first licensed bar and lounge in a home for special care. Today, the Harbourview Bar & Lounge (formerly Tiffany's) remains the only licensed bar in HRM specifically tailored to the 50 plus crowd.



Home Care Services - In 1971, Northwood started the first home care service in Nova Scotia in cooperation with the Victorian Order of Nurses. Today, Northwood is the largest provider of home support in Nova Scotia, serving over 1,600 clients.



Adult Day Program - In 1977, Northwood introduced the first Adult Day program in Nova Scotia to provide relief for family caregivers. Today, Northwood operates three Adult Day programs in HRM: two Dementia Day programs (Northwood at the Harbour and Ivany Place) and the Adult Day Centre at Bayers Road.



Hospice/Pastoral Care - In 1979, Northwood established a full-time pastoral care department. In 1984, we introduced a hospice program; a first for long term care in Eastern Canada. Today, pastoral care includes services for many religions and faiths, and our hospice program spans across the entire organization.



Deaf Community - In 2000, Northwood opened the first dedicated floor specifically designed for the Deaf community. Today, more than 89 staff are trained in sign language, communicating with Deaf residents throughout our facilities.





Carol Clark

Personal Care Worker
Northwood at the Harbour

Carol Clark had just moved to Halifax from New Brunswick and was looking for work.

She drove by Northwood, noticed it was a nursing home, and made the decision to come in and apply. She was hired on the spot and at that time, planned to stay about two years. That was April 1981. Now, over 31 years later, Carol says, "I haven't thought about leaving; it's like home now."

Northwood has grown a lot since Carol started her journey. Although there are fewer residents now, the care needs of those residents have really changed, she says. Carol agrees that for that reason, the dynamics of the staff-resident relationship have also changed. "Years ago, all the staff and residents knew each other," she says. "Everyone was so personable; it was good fun."

Today, Carol still thoroughly enjoys her job and the time she spends with the residents. "They're part of my life now," she says. Carol has strong relationships with many of her coworkers and has had numerous friendships over her years at Northwood. "It's a good place to work and although it can be very challenging sometimes, it's always very rewarding."

Carol was born in Cape Breton and has four children: two boys and two girls. One of her sons lives in Bedford and the others are in Newfoundland and British Columbia. She also has nine grandchildren and two great-grandchildren. When Carol is not working, she enjoys doing crafts like knitting, needlepoint, smocking and quilting.

Debra Bradley feels truly blessed and she's not afraid to show it.

"I really enjoy living," Debra says. "It's your choice to have a good day or a bad day. So every day, I wake up and choose to have a good day."

Just over 21 years ago, Debra was walking down the street near Northwood and said to her friend, "One of these days, I'm going to work there." She put in an application and was called for an interview. She remembers it going very well, laughing with the person interviewing her and then walking away knowing in her heart that she had the job. "I told her I would be an asset to Northwood," says Debra. "I let my true colours show and I think she could see what kind of person I was."

Over the years, she's had her share of ups and downs, but she through it all, she's still here. "I want to be the best I can be," says Debra. "Talking with the residents is easy but it means so much. They have so many stories to tell and lessons to teach us." Seeing residents laughing and smiling is the best part of her job.

Debra has two sons and seven grandchildren. Her family and her faith are very important to her, as is her commitment to the Northwood Staff Choir. She attends weekly bible classes, does gardening and loves being near the water.



Debra Bradley

Personal Care Worker
Northwood at the Harbour

Celebrating the Present

Today, Northwood reaches out to over 6,500 clients, helping them maintain their independence at home while providing care and support when needed. More than just a nursing home, we are a community of people linked together by choice.

We're in the community, helping people stay in their homes with services that promote active living and independence while providing peace of mind to caregivers. We offer a community approach to living where people can choose a level of independence or support that reflects their lifestyle or circumstance. We are a life choice that invites participation, encourages activity and promotes healthy choices.

Much has changed in 50 years. Nova Scotia's population is aging and new demands are being placed on our health system. Through it all, Northwood has remained loyal to its roots as a social movement, constantly challenging accepted ways of thinking and always looking towards the future. We continue to be a leader in continuing care through our commitment to research and our innovative approach to service delivery. What has not changed is the loyalty of our staff, their caring approach to the client and their determination to help people live more.

Northwood's Long Service Champions

In 1987, when Northwood celebrated its 25th anniversary, a list of 63 staff names was published in the 'Looking Back' silver jubilee book. Those staff had reached 10 years of service or more. Now, 25 years later, we're proud to acknowledge 111 staff who have or will reach 25 years of service or more as of December 31, 2012:

STAFF WITH 40 YEARS OR MORE

Renee Patterson
Jim Briand

STAFF WITH 35 YEARS OR MORE

Kevin Banfield
Beverly Dixon-David
Daryl Adams
Tom Asprey
Jessie Mason
Nancy Bennett
Dianne Winford
Cathy Sabeau
Marilyn Rhyndress

STAFF WITH 30 YEARS OR MORE

Linda Blackmore
Bill Rasley
Jessie MacDonald
Wayne Spencer
Bonnie Fletcher
Theresa Gervais
Jean Upshaw
Valerie Daurie
Debbie Somers
Penny Williams
Linda Asprey
Janice Bayers
Billy Clattenburg
Connie Doucette
Elizabeth LeBlanc
Linda McDonald
Glenda Bartkow
Avis Dunbar
Marion MacDonald
Cathie Swimm
Betty LeRue
Michael Theriault

Wendy Brooks-Slawter
Heather Vallis
Myley Myra
Sherma Howe
Russell Martin
Tommy Barter
Sheila Maguire
Darryl Coffey
George Borden
Lynn Drinovz
Carol Clark
Marilyn Maskell
Jean Perry
Elsie Richard
Heather Daurie
Wendy West
Barbara Ehler
Billy Barrett
Carolyn Sampson
Ronald McDonald
Adele Asprey
Claire Westhaver
Connie Harris

STAFF WITH 25 YEARS OR MORE

Karen Landry
Nancy Gibson
Florence Wright
Linda Drysdale
Stewart Wright
Cathie Baker
Rose Starzomski
Lisa Billo
Laura Gabriel
Yvonne lePair
Gail Giffin
Denise Herring
Mike Spencer

Brian Appleby
Sandra Legge
Jeanene Harnett
Dorothy McNeil
Gloria Euloth
Anna MacNeil
Belinda McMullen
Charles Osbourne
Pamela Hartling
Lynn David
Mary Ellen Eyland
Colleen Robicheau
Goldie Sabeau
Terrye Langford
Joy Feltmate
Vince Hackett
Pauline Blackmore
Barbara MacKinnon
Nathalie McJannet
Darrell Robinson
Keith Johnson
Marg Mahoney
Kathleen Delaney
Lisa Casey
Jean McPhee
Monica Jones
Jeannette Foote
Linda Izzard
Mike Dodge
Bernadette Campbell
Kim Wile
Shelley James
Janet Berringer
Nancy Cormier
Elizabeth Gray
Karen Snook
Mary Ann Mosher
Susan Dempsey
Alicia MacLellan
Kathleen Roach
Ruth Canton
Jean Frank

** All years of service are as of December 31, 2012.

Congratulations to Everyone!

On Friday, May 25, 2012, a special ceremony was held for the recipients of this year's Long Service Awards. In total 104 awards were given to staff who all together, have dedicated more than 1,750 years of service to Northwood.



10

15



20



25

30





Homecare Staffing Officers



Sheet Harbour area Home Support Workers



Spruce Lake, Halifax



Cole Harbour - Porters Lake area Home Support Workers



Environmental Services, Halifax



Points & Landings, Ivany Place



Petting Zoo



Coastal Chorus



Men's Club



Resident Craft Project



Physiotherapy
at the
Fitness Centre



Resident Craft Project



Trip to the Maritime Museum of the Atlantic

Not a day goes by when Eddie isn't going the extra mile and doing something to help others.

Eddie has been working at Northwood for almost 15 years in environmental services and still enjoys his work. Everyday his job is the same but the work is different because he makes it different. "I always try and help out and go above and beyond what is required of me." A good motto in life.

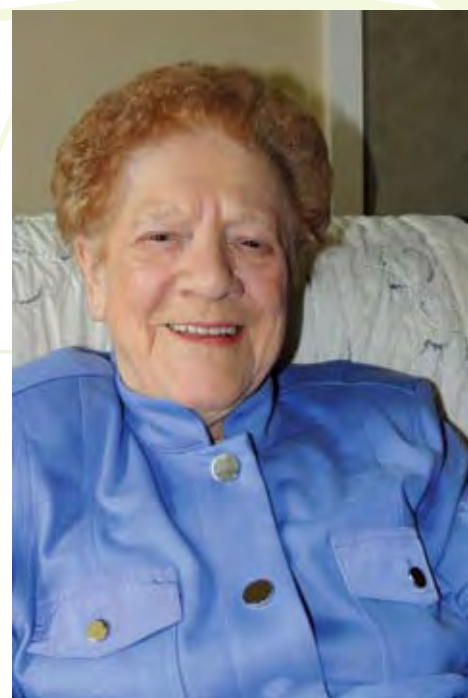
He likes to tinker with electronics and in his spare time, runs a small electronic repair shop at home. In addition, Eddie is well on his way to realizing his dream job of being an antique collector and has established quite the collection over the years. He enjoys collecting items such as stamps, coins and paintings. "I am the kind of person where I just can't sit still; I have to be doing something," Eddie says.

In his childhood, Eddie was an avid baseball player and all the kids used to fight over him having him on their team. Although he doesn't play baseball anymore, he still likes to watch it, as well as basketball and wrestling. Finally, when looking ahead to the future, Eddie doesn't know what lies around the corner but he says he'll be ready to tackle it head on.



Eddie Marsman

Environment Services
Northwood at the Harbour



Margaret Roden

Resident, Lighthouse Point
Ivany Place

Margaret Roden is a people person. She likes to help others by taking the time to listen and making them feel included. A couple months ago, she encouraged a few others in Lighthouse to play cards in the dining room. Now, the group plays Crazy Eights almost every night! "For me, if I can make them happy, then I feel happy."

For many years, Margaret belonged to the Horizontal Club in Bedford. When she moved into Ivany Place six months ago, she left the club, but they've recently asked her to come back. So now she goes every Wednesday afternoon to play crib and also attends the lunches out. "I've been an active person all my life and it's just stuck over the years," she says. Margaret also plays crib quite often with some of the other residents and attends all of the musical events on Lighthouse/Mayflower Point. "I'm a going person."

Born in Halifax on August 21, 1925, Margaret is one of seven children. She married Bernard in 1942 and together they had four sons and one daughter. She's very close with her family and enjoys visits from her seven grandchildren and two great-grandchildren. All her life she's enjoyed bowling, playing cards, skating and swimming.



Adult Day Program, Halifax



Bedford/Sackville Home
Support Workers



Ivany Reception
and CCAs



In Care Living Leadership Team, Halifax



Human Resources



St. Margaret's Bay/Prospect Home Support Workers



Chestnut Lake, Halifax



Cole Harbour - Musquodoboit Home Support Workers



Middle Musquodoboit Home Support Workers



Information Technology



Food Services, Halifax



Alder Shore, Halifax



Education Services



Support Services, Ivany Place

If you walk along Fisherman's Wharf any morning, you might run into Clyde Henneberry. If you do, stop and have a conversation. It'll be the best part of your day.

He'll tell you he is 88 this year and that he once bought and sold lobster. What sets Clyde apart is what he has done since. At age 65, he had to give up his job to take care of his wife. "I had to learn to cook in a hurry," he says. He also decided to take up painting even though he had never had a lesson in his life. "As a young boy, I used to sketch on paper bags my mother gave me. I never really took it seriously."

Today, Clyde's house is filled with his paintings. There are pictures of the Titanic, fishing scenes, ships from the era of sail and portraits of the people he has met. All reflect his love of the sea and his attention to detail.

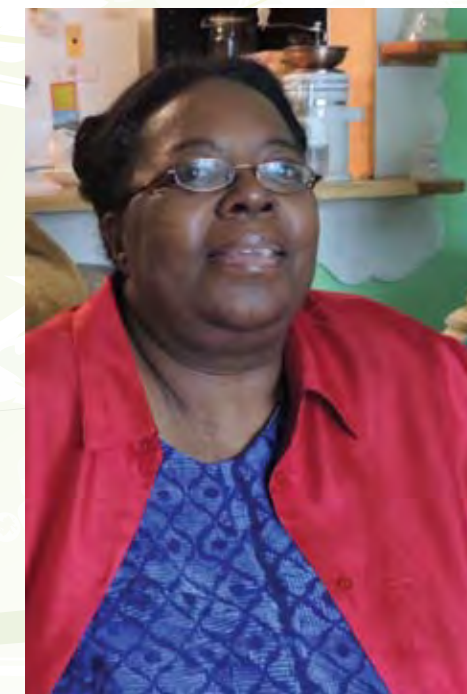
Then there are his wood carvings; song birds, ducks, lobster traps and a miniature old fashioned stove. His newest venture is sitting in his son-in-law's recording studio reciting poetry from memory. Copies are sold all along Fisherman's Wharf.

The highlight of his week is a visit from Gina Pellow, his Home Support Worker who has been with him for 20 years. They have a comfortable relationship. They joke, tease each other and talk about special times. Clyde says he plans to slow down soon; just not yet.



Clyde Henneberry

Client
Northwood Homecare



Sylvia Boomhauer

Volunteer
Northwood Telecare

The name Sylvia Boomhauer is synonymous with volunteering at Northwood. A country girl at heart, Sylvia, has been living in Spryfield with her husband for 26 years while volunteering for 10 of them. Sylvia is a great listener and people feel comfortable talking to her so volunteering for Northwood was a natural fit for her.

When Sylvia used to work for Northwood as a homecare worker, she would hear from the other staff that they never had enough volunteers. One day she was watching television and an ad for Northwood's Telecare service came on, "I knew it was a sign from the Lord because that was the only advertisement I saw on television for Telecare," says Sylvia. "I figured I wasn't doing anything at home so there is no reason why I can't give up a few hours."

In addition to volunteering, Sylvia has other interests. She likes to read science fiction books and watch movies such as *Gone with the Wind*, with *Lord of the Rings* being her all time favourite film. "I have a good life and I am happy with the way things are," Sylvia says. Knowing that Sylvia and the rest of the Telecare staff are there for you is a great feeling.



Halifax area Home Support Workers



Pine Bay, Halifax



Dartmouth area Home Support Workers



The Coves, Ivany Place



Client Services, Halifax



Cedar Lake, Halifax



Administration, Communications & Foundation



Halifax area Home Support Workers



Windsor - Sackville Home Support Workers



Northwood Intouch & Life Equity



Security & Reception, Halifax



Linden/Redwood/Aspen Haven, Halifax



Health Centre, Halifax