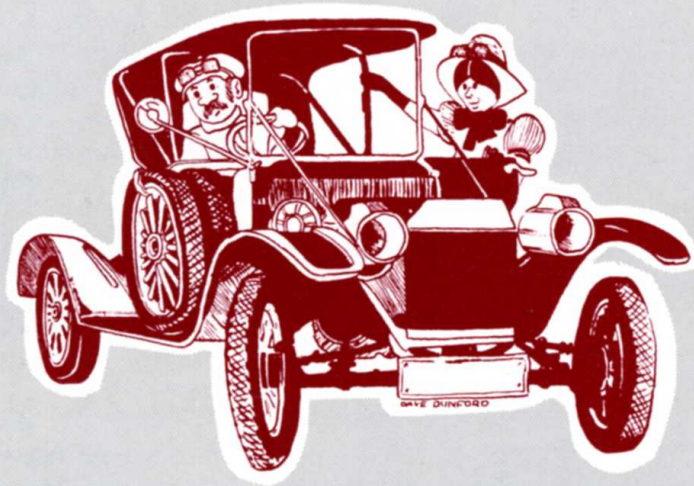


# Our Century



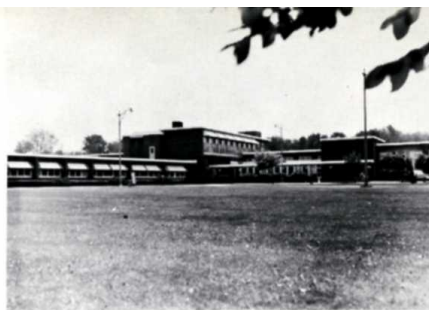


Everyone was greeted by the watchful eye of Bismark – A lifetime inmate, as he patrolled the grounds.



**WATERLOO COUNTY INDUSTRIAL FARM**

The Councils of every Ontario County was required to build a house of Industry and refuge for the poor under the new section No. 413 of the Municipal Act of Ontario within 2 years of January 1st, 1867. A Farm was purchased on Frederick Street and opened to the poor homeless children and unwed Mothers June 15th, 1869. The Building housed 100 inmates.



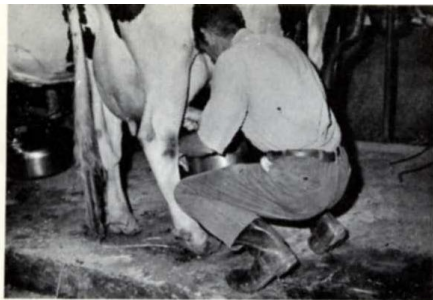
**SUNNYSIDE HOME** replaced the poor house in 1956

Fifteen acres of gardens surrounds the Home.



How wonderful it is to be able to relax in this Tranquillity and Beauty.





In the old days we arose at the 5 a.m. Bell for our daily chores, and I do mean chores like: milking cows, scrubbing floors, peeling veg. and some of the boys were busy cultivating the land for our daily food, Part of our living was provided by the crops we raised. There was livestock of 13 cows, 80 pigs and 4 horses, and of course chickens, eggs and butter was also a steady provider. Our expenses per person, per week was \$1.34 and by adding produce consumed came to \$1.90.

Sunday was our Day of Rest as Services were compulsory and no labour was allowed. Local Pastors conducted the services and only the very sick and infirm were excused. We were paraded to this Chapel built in 1894 to 1919 when it was removed for the building of the East Wing. In the Church the men were seated on the left and the ladies on the right under the watchful eye of the Manager and his Family from the gallery. My how we did enjoy our yearly visit on the lawn with the Salvation Army Band.



Today is much different with the well rounded programme of indoor and outdoor activities to occupy our carefree hours with card games, Bingo's, picnics lawn socials, special entertainment and Gala celebrations.



Our New Home's Chapel is always open for private daily meditation. Services are conducted Wednesdays and Sundays by the Ministerial Association. The Gideons and The Salvation Army conduct Monthly Services on a regular schedule. Holy Communion and Mass are also received.





In the Old Home we slept on iron beds, straw mattresses with the grey blanket. After our daily chores the retiring bell rang at 9 p.m. The Keeper and Matron made their rounds to see that each of us were tucked in bed with lights out and fires extinguished. This was the end of our perfect day.

We didn't have much time for idleness but when we did a room with wooden chairs and tables served for our relaxation.



10 minutes before a meal a bell summons the inmates to the diningroom where we had to wait, there, "in silence, decency & good order", until the food was served. The breakfast consisted chiefly of bread, potatoes, porridge & coffee; soup and meat for Dinner; tea, meat, bread and fruit for supper. After meals the Slow Bell returned us to our chores.



Come see our Normal care dormitories and Oh Yes our Colonial Lounge where we meet our Friends and loved ones and quietly read.



We have Married Quarters and Bachelor suites in the New Home with twin beds, private entrance to the gardens and adjoining 3 piece bath. "Man That's Living."

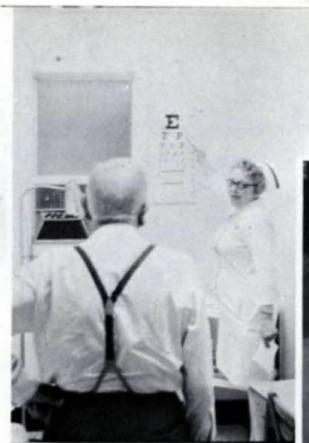


Our Diningrooms are bright and spacious. Various menus and special diets assure us of well balanced nutritional meals. Ours is self service and there is tray service in the bedcare. Dinner Chimes inform us when our meals are ready. You just eat, sleep and live easy.



The old Doctor made weekly visits but things have sure changed. I guess its because medical Science has developed so many new drugs to aid our ailments and increase our life span that we now have a specialized Bedcare Section in the Home.

The Home Physician visits us on a daily routine and a staff of Registered Nurses, Aides and Orderlies provide the necessary feeding, bathing, dressing, and medication of our Residents.



Three years ago an Adjuvant was trained for our Staff who under the direction of our Nursing Supervisor, exercises stroke cases, pinned hips, gives memory and speech therapy.



With all this we thought we had everything, but the Home Auxiliary was formed in 1965 to spoil us some more. Our own Tuck Shop, the Welcome wagon, car cavalcades, visitations & Birthday Parties.



#### WE'VE JUST GOT TO BLOW A BIT HERE

Our own Home Auxiliary President, Mrs. Hoddle, in 1968 won the Quota Club's, Woman of the Year award with her work with the Home Auxiliary at Sunnyside and especially for her tremendous efforts in the organizing of the very popular Tuck Shop.



For a real swinger like me the Volunteens began last year to pep up our Social Events, like A Night at the Ranch, with barbeque and square dancing, Halloween Parties and Ethenic nights to name a few.







For those of us who still have a bit of creative talent or who would like to obtain one, a complete Arts and Crafts programme is available. I see by the cards received that our crafts have travelled around the globe and our Christmas Bazaar has become well known in the Community. It is also a way that we can relive some happiness with our Grandchildren with the presence of Santa Clause in our midst.



We keep up with the times here through our Sunnyside Journal. It is run FOR the Residents BY the Residents and is a marvalous way of sharing news and activities throughout the Home.



You ALL KEEP  
ASmilin



Some of us still have a little Ham left in us and so to be or not to be we have our own Actors Guild. "I Didn't Do It", was a roaring success and a lot of fun.



Who wants to challenge me to the 18th hole? Putting course that is. These outdoor sports sure helps to keep our creaking limbs nimble and there's no substitute for fresh air.







JAPANESE HOME



NIAGARA FALLS.

ST. CATHARINES



We get itchy feet quite often and if we do we charter a bus and away we go -- The Beamsville Japanese Home, St. Catharines, Linhaven (Home for the Aged), our back yard Wonder of the World, Niagara Falls.



Here we'd like to Salute Mrs. Stauffer, who celebrates her 99th year in July. She's still bright, spry and has a mature mind of her own.



These are the guys and gals who between the two homes have enjoyed the longest Residence. Their range of stay are from 30 to 61 years. Standing Mary Crummer, Henry Lenz, Louise Schaefer  
Sitting Tillie Kienapple, Lucy Goudie, Mary Hay, Annie Hickey, Louis Himberg



**Mr. Young**  
**Home Administrator**



**Alderman Edith MacIntosh**  
**Chairman Committee**  
**of Management**



– Oh, Oh Here's the Old Man)

#### **ACHIEVEMENTS . . . . .**

We are proud of our Trophy Shelf in the Colonial Lounge. It displays the keen interest, enjoyment and achievements the Residents of our Home have received from our organized activities. Programmes such as these have filled their days with challenge, meaning and in some cases a purpose to begin their day. We find that the retired person who is slowing down, receiving a few more aches and pains and hasn't much to look forward to except eating and sleeping, becomes bored and miserable. By stimulating their interest with crafts, painting and repairing, gardening, hosting concerts, taking care of the Chapel, editing the Home Journal and engaging in team play their time is kept busy, and busy people are happy people. In the society of our Home they are again needed and able to accomplish and achieve. Sunnyside Home has changed in appearance, size and purpose many times over the past 100 years, but we like what we have today and we are thankful for the achievements of the many dedicated people, who have developed the programmes and services in the Homes for the Aged.

#### **STORIES UNTOLD . . . . .**

Our new library is filled with a variety of novels with subjects fictional, historical and humorous. As I browsed the shelves, my thoughts turned to the lives of our Residents whose autobiographies will probably never be put in print but yet whose lives have contributed immensely by their good deeds, good intentions and selfless efforts to mans story of a better way of life. Few if any have been big names on the 'stage of life' in the eyes of man. But all in the eyes of God have contributed their share of the ingredient that makes for a better world for man to come. Many of our Residents have sons and daughters spread all over Canada, a few are recognized leaders in Medicine, Engineering and other fields. We the Committee of Management are proud to have taken part in helping to mould and reform in an orderly way, new policies, organized efforts, better assistance and understanding in Sunnyside, which developed an atmosphere of love, wormth and privileges that did not prevail in the bleak houses that were not Homes of 100 years ago.



We tip our hat to Alderman Edith MacIntosh for her interest, involvement in our Society and for her concern for her fellow man. She received the yearly "Woman of the Year Award" from the Quota Club. Not only for her many, many involvements, but mainly for her effort in stimulating the organizing of the Day Care Centre.





**Nursing Staff**  
 – Supervisor of Nursing Care –  
 Helen Loudon R.N.



**Front Sitting** – Alderman Edith MacIntosh –  
 Committee Chairman, representing City of  
 Kitchener. Reeve W.C. Woods – Finance Chairman  
 representing County of Waterloo. Alderman Helen  
 Donaldson – City of Galt.

**Back Standing** – Alderman Robert Henry – City  
 of Waterloo; Alderman Frank Hoddle – Personnel,  
 City of Kitchener; Alderman Harold Wagner –  
 Anniversary Chairman, City of Waterloo; Alder-  
 man Wm. Barlow – House Chairman, City Galt;  
 Reeve Albert Lorentz – County of Waterloo.



**Maid and Dietary Staff**  
 Housekeeper – Frances Bryan  
 Food Supervisor – Ingeborg Bieder



**Office Personell** –  
 Mrs. Miller, Mrs. Johnstone,  
 Mrs. Longpré, Mrs. Found, Mrs. Kullman.



Secretary-Treasurer Mr. Harvey E. Will



**Engineer and Maintenance Staff**  
 Chief Engineer – Al Grenier

**SALUTING SUNNYSIDE HOME IN THEIR CENTURY OF SERVICE**

**JOSEPH E. SEAGRAM & SONS**

Serving the Community for over a Century – 1867

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Since 1863

**CANADA TRUST**

HURON & ERIE

Founded in 1864

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Founded in 1855

**SUNNYSIDE HOME AUXILIARY**

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