



**McCormick
Care Foundation**

Advancing Excellence in Dementia Care



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EVENT PROGRAM - SEPTEMBER 14, 2024



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 **WELLNESS FAIR &
COMMUNITY CELEBRATION**

fit4care

 **MAGGIE'S RUN**

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 **RESIDENT & CLIENT
ROLL | STROLL**

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 **MAGGIE'S RUN**

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Maggie Hanham

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We are honoured to be the presenting sponsor for Maggie's Run, in memory of Margaret Hanham.



EXECUTIVE HEALTH - MEMBERSHIP PROGRAMS -
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www.medpoint.ca

A MESSAGE OF GRATITUDE

On behalf of the Fit for Care | Maggie's Run Committee

To our incredible donors, sponsors, participants, volunteers, and staff:

Words cannot express how deeply grateful we are for your unwavering support of Maggie's Run. This event is more than just a race; it's a testament to the strength, compassion, and dedication of our community.

To our **donors and sponsors**, your generosity has helped make this event possible. Your belief in our mission fuels the work we do to support residents and their families, and we are honoured to have you alongside us.

To all the **participants**, whether you ran, walked, or rolled, your enthusiasm and energy have been truly inspiring. Your involvement is a powerful reminder of the importance of community, wellness, and working together for a cause greater than ourselves.

To our **volunteers and staff**, your hard work and commitment behind the scenes made today a success. You are the heartbeat of this event, and we are immensely proud and grateful for each of you.

A special thanks to our small but mighty Steering Committee — **Twee Brown, Alex Hanham, Ian Hillis, Lynne Salvail, and Christine Simpson** — for their time, insight, and guidance, as well as their ongoing advocacy and generosity. Your leadership has been instrumental in shaping the success of Maggie's Run, and we are truly fortunate to have you on this journey.

Thank you all for making Maggie's Run an unforgettable celebration of care, compassion, and community.

With heartfelt thanks,

Michelle Hancock

Executive Director, McCormick Care Foundation
Fit for Care | Maggie's Run Committee



TD is a proud sponsor of the Community Celebration.

Ready for you



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Why should i get my hearing checked? *I can hear just fine.*

This is a very common sentiment. Hearing loss is a gradual degenerative process that begins in our 30s and 40s, and we may not notice it worsening over time. That's why it's **so important to get your hearing checked, especially if you are over 50**. The earlier we can detect hearing loss, the more positive the treatment outcomes. It's not just your ears that are affected by hearing loss; studies have repeatedly shown that hearing loss is linked to cognitive decline, which can affect multiple aspects of your overall health including:

Dementia - Adults with hearing loss are up to 5 times more likely to develop dementia.

Safety & Balance - People with mild hearing loss are 3x more likely to have a history of falling than people with normal hearing.

Isolation - Untreated hearing loss can contribute to social isolation, anxiety, depression and cognitive decline.

Depression - Adults aged 50 and over with untreated hearing loss were more likely to report depression, anxiety and paranoia than peers who wore hearing aids.

Call 519.438.0492 or visit www.beckhearingaids.com to book your free assessment

BECK
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458 Central Ave Unit 2,
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(519) 438-0492
info@beckhearingaids.com



Sources: Lin FR. (2010,02). Hearing loss and incident dementia. Published: <https://pubmed.ncbi.nlm.nih.gov/20203688/> / Meehan H. (2016,05). Effects of Hearing Loss and Cognitive Load on Speech Recognition with Competing Talkers. Published Central: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC477796/> / Lin FR. (2012,02). Hearing Loss and Falls among Older Adults in the United States. *Jama Internal Medicine*. <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/106740>

EVENT AGENDA

Locations: Medpoint Fitness Centre & McCormick Care Group

At Medpoint Fitness Centre:

- 8:00 am – Registration | Stretch Clinic | DJ Music
- 9:00 am – 10K Run Start
- 9:45 am – Stretch Clinic | 5K Run Start

At McCormick Care Group:

- 8:00 am – Registration
- 9:00 am – Roll/Stroll
- 10:00 am – Wellness Fair | Community Celebration
BBQ | DJ Music | Games
- 11:00 am – Prize & Awards Celebration | Walk of Wellness Draw
Thank You

PRIZES TO BE WON!

Here's what's up for grabs!

RUN PRIZES

1st Place (Men & Women) for 5K and 10K:

- \$100 Boston Pizza Gift Card
- \$40 Backroads Brews and Shoes Gift Card
- Engraved nameplate for the back of your medal
- Your name(s) etched on the 1st Place Trophy

2nd Place (Men & Women) for 5K and 10K:

- \$50 Boston Pizza Gift Card
- \$20 Backroads Brews and Shoes Gift Card
- Engraved nameplate for the back of your medal
- Your name(s) etched on the 2nd Place Trophy



FUNDRAISING PRIZES

Top Individual Fundraiser:

- \$200 Gift Card to The Keg

2nd Place Fundraiser:

- \$75 to Boston Pizza and \$25 to The Green Window



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2024**



WHY WE RUN

Honouring Maggie and Supporting Dementia and Long-term Care

Maggie's Run isn't just an event – it's a tribute to a remarkable woman whose spirit continues to inspire us all. Maggie was a beloved resident of McCormick Care, a shining example of strength, warmth, and resilience in the face of dementia. Her joy for life touched everyone she met, and her story is at the heart of why we gather today.



We are deeply grateful to our lead sponsor, **Medpoint Health Care Centre**, and their CEO, **Alex Hanham**, for their incredible support. In honour of his mother's memory, Alex has generously pledged \$25,000, helping us continue to enhance the specialized dementia and long-term care that makes such a difference for residents like Maggie. This gift not only reflects his deep connection to the cause, but it also ensures that Maggie's legacy will continue to uplift others.

By participating in Maggie's Run, we all honour her legacy and raise much-needed funds to support life enrichment programs and specialized dementia care at McCormick. **Every dollar raised** helps us enhance the quality of life for residents like Maggie, offering them compassionate care, innovative therapies, and a community where they feel safe, valued, and loved.

Today, as we run, walk, or roll together, we're making a difference in the lives of those living with dementia, all residents, and their families. **Thank you for being a part of this journey.** Together, we are building a brighter future for those who need it most.

To learn more about Maggie's inspiring story and the lasting impact she's had on her family, we invite you to watch the heartfelt podcast episode featuring her son, Alex Hanham. His touching words remind us all of the power of love, memory, and community.



**Scan QR code to
watch the podcast**



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FIT FOR CARE

Bringing Community, Wellness, and Compassion Together

Fit for Care is a community-wide event dedicated to supporting McCormick Care Foundation's mission of advancing excellence in dementia care at McCormick Care Group.

Through a blend of fitness, fun, and family activities, Fit for Care offers something for everyone, all while raising essential funds to enhance the quality of life for our residents.

The event features three main components:



Generously Presented by **MEDPOINT**
HEALTH CARE CENTRE

MAGGIE'S RUN

At the heart of Fit for Care is Maggie's Run, an inspiring tribute to a beloved McCormick Care resident, Maggie. Participants of all abilities are invited to join us in this meaningful event, with a 10K and 5K chip-timed race, as well as a 1K Roll/Stroll for residents and clients.

Whether you're running, walking, or cheering from the sidelines, Maggie's Run is a powerful way to support dementia care and honour Maggie's legacy.

COMMUNITY CELEBRATION

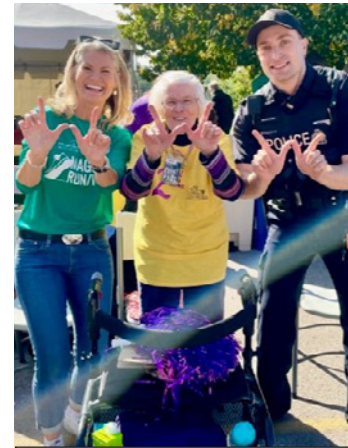
After the races, the Community Celebration kicks off with music, games, and activities for all ages. It's a chance for families, friends, and supporters to come together in a spirit of unity and joy. There's something for everyone, including a delicious BBQ, DJ music, and a prize ceremony to recognize the day's top participants and fundraisers.

The Community Celebration is a time to relax, connect, and celebrate the positive impact we're making together.

Generously Sponsored by **TD**

FIT FOR CARE

Bringing Community, Wellness, and Compassion Together



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WELLNESS FAIR

The Wellness Fair is an exciting addition to Fit for Care, offering attendees the chance to explore various health and wellness resources. Featuring local health and business professionals, wellness products, and informative booths, the fair promotes holistic well-being for both the mind and body. It's the perfect opportunity to discover new ways to stay healthy and learn more about the importance of self-care.

And don't miss the **Walk of Wellness to Win!** (Details on page 22)

Thank you for participating, celebrating, and making a difference



CONNECTING CREATIVE EXPRESSION & COMMUNITY

Healthy communities provide the foundation needed for people to be inspired and realize their full potential.

As a small family-owned business, we focus on working with people to connect together through creative expression to build brighter communities.

Thriving communities help each of us to become our best selves and CXN Studio is excited to build community together with you!



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- 1) Do they need assistance with daily tasks?
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- 3) Are they sitting too much?
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MAGGIE'S RUN



Join our team at Fit for Care | Maggie's Run as we proudly celebrate our 150th anniversary of compassionate care in the community.

This milestone of resilience and spirit reflects our commitment to supporting dementia care through our programs, services, and research endeavours. We extend our heartfelt thanks to our incredible team, who embody our mission every day. We look forward to participating in and supporting this remarkable event.

mccormickcaregroup.ca





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- a traditional said service

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FORTH @ 4pm

- a 30 minute informal time of worship and music in the Parish Hall on the fourth Sunday

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Meesai's Thai Kitchen is proud to support Maggie's Run and the McCormick Care Group, inspired by Maggie Hanham's resilience and compassion. We're honoured to contribute to enriching the lives of seniors and those living with dementia, standing with our community to make a difference.

Located in Byron, London, Meesai's Thai Kitchen is your go-to destination for authentic Thai cuisine and cocktails. We strive to create the perfect atmosphere and lasting memories for our guests—come and experience the vibrant flavours of Thailand with us!

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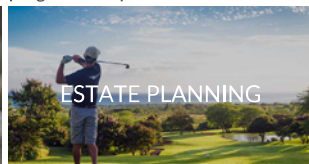
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Our Gallery



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JOIN THE WALK OF WELLNESS

How to WIN a Yeti cooler and custom tumbler

Thanks to the generous donation from **Komoka Kilworth Home Hardware Building Centre** and volunteer **Peter Hawkins**, you have a chance to **WIN a YETI Cooler and Tumbler!**



Here's how to enter the draw:

- 1. Collect Signatures:** Visit each of the vendors at the Wellness Fair and collect a signature from every one of them listed on page 23 of your event program.
- 2. Show Your Signatures:** Once you've gathered all signatures, bring your event program to the Event Registration desk **before 11:00 a.m.** to receive your draw ticket.
- 3. Get Your Ticket:** Show your completed signatures to the volunteer at the desk, and you will receive a ticket to be entered into the draw.

Important Details:

- The draw will take place during the **Prize & Awards Celebration at approximately 11:15 a.m.**
- You must be present to win** the YETI Cooler and Tumbler.

Eligibility:

- You must be over the age of 18.
- You must be registered prior to 11:00 am** for Maggie's Run and/or the Community Celebration, or be a volunteer.
- McCormick Board and Committee Members, management, and their family members living in the same household are not eligible to win.



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13. Riverbend Pharmacy

14. TD

15. West 5 Optometry

* See page 22 for more details

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McCormick
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Advancing Excellence in Dementia Care

THANK YOU! Your generous support is making a profound difference in the lives of those we serve. Together, we are advancing excellence in dementia care and enhancing the well-being of our residents. We couldn't do this without you!

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