



Trillium

BOUTIQUE SENIOR LIVING

Dear Friends and Families

As we close out 2021 I find myself, like many, wondering where the year went!

My friend described it as a year without milestones while we collectively held our breath in anticipation of ‘the other shoe dropping’. To some extent I can relate to this but I choose to remember the many ‘opportunities’ that punctuated 2021 and make me incredibly proud to serve you all.

The many historical and unprecedented events of this past year tested our meddle for sure but the awesome spirit of team work and simply coming together during times of need to ensure everyone, residents and team members, were safe and cared for was heart-warming and so encouraging!

I use the word encouraging because there are times when life is so overwhelming that our spirit and faith in humanity is tested. My spirit and faith in humanity was buoyed over and over this past year because I saw how these shared challenges deepened our relationships and revealed our character, both as individuals and as an organization.

On a personal note, I want to share a brief but profound experience I had this year in hopes that it inspires you. I am stoic by nature, fiercely proud, but one day it all came crashing down, all the walls, all the stoicism, and the fear and pain came to the surface. Someone saw this happening in real time and approached me with open arms and hugged me. No words of encouragement, no platitudes, just open arms and a safe, gentle, loving, accepted place to simply BE in that moment. The warmth of human connection. That’s what it was. And that’s all that was needed to confirm, reaffirm, that I was ok. The situation might not be ok, but I was ok. The warmth of human connection is a motto for a company I used to work for and over and over, I’ve experienced that it is truer than true. We all just need connection. We need human connection above all else because when we have that, when we feel loved and cared for and seen and heard, we can face anything. Hugs don’t make things ok, they make us ok and when we’re ok we can dig deep, rally and do what needs to be done.

I am thoroughly encouraged as we head into another new year!

The character and commitment of our team members, the love and support of our families and the patience of our residents as we navigated 2021, are a testament to the human spirit and I am overwhelmed with gratitude for you all.

Warm wishes are being sent to you this Christmas and may you glide gently into 2022 with peace in your heart and a sense of renewal.



Kris