This is a bi-weekly newsletter designed to **create connections** across the Long-Term Care and Assisted Living sector at Vancouver Coastal Health. It is an opportunity to share best practice and innovations, celebrate successes and get to know what our colleagues are doing at VCH, and beyond, to **create the best possible experience for residents, families and staff at our homes**. We want to build our **COMMUNITY**, so please share this newsletter widely and send us your stories!

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"A meaningful life is composed of a series of meaningful moments. If this is what we want, then the ability to infuse each moment with meaning would seem to be a skill worth practicing."

~ Bill Crawford

**SHARING MEANINGFUL MOMENTS**

There is a resident here who has talked of feeling trapped inside with little to do and no visitors. When the opportunity to participate in the Photovoice project was offered, I knew that he would be someone who would be interested. He immediately took to the activity after meeting the Emily Carr students who would be supporting him. He seems full of energy, enjoying his camera and looking forward to the next visit from the students. When I asked what his favourite part was, he replied that he really enjoys being part of this project because he has something to do and he feels like he has made some new friends. I have not been in my role that long, but I have yet to see a smile like that on his face.

~ Carrie Willekes, Director of Leadership and Resident Care, Central City Lodge

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**GETTING TO KNOW OUR COMMUNITY**

"There are no strangers here; only friends you haven't yet met."

~ William Butler Yeats

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**Meet The Rock Band Group at Adanac Park Lodge**

**Adanac Park Lodge (APL)** is a home for young adults who have social care and nursing needs due to acquired brain injuries, long standing mental health needs, and dementia. Many of the residents at APL were previously musicians who have brought their talent to APL to form **The Rock Band Group** consisting of singers, a guitarist, pianist and a drummer. Formed in 2016 and currently led by music therapist Bernice Chu, the band consists of 12 residents who alternate attendance each week. With
restrictions in place, the residents continue to engage in rock band group once weekly. The group aims to enable residents to take part in positive social interactions, promote creative and emotional expression, and maintain executive functioning skills in planning, rehearsing and working together to create popular songs. Band members sit socially distanced to rehearse for an hour. They have recently started learning new songs for the summer and hope to enlighten others through their music during this difficult time.

Celebrating Nurses Week! May 10-16th was National Nursing week. Below are some photos from German-Canadian Care Home’s celebration. We know that many homes celebrated the week with their own local celebrations. If you would like to share, please send your photos to VCH-LTC-Connections@vch.ca and they will be highlighted in the next newsletter.

Support for Environmental Services Teams! The Community Initiatives and Support Services Program (CISS) is a partnership between BISS (Business Initiative Support Services) and VCH (Vancouver Coastal Health) to support the environmental services teams across the VCH contracted long-term care (LTC) and assisted living (AL) homes. This program offers resources to ensure these homes will have the same access to information, education and support that BISS gives to owned and operated homes. CISS programs are customized to a centre’s needs by offering program streams such as mentorship, training, and monitoring. To date, 21 homes are participating and the number is growing daily! This program is completely funded by VCH and requires no fees. Any contracted homes interested in taking advantage of this program can email ciss@vch.ca. More information can be found in the attached document.
Help Create a Community of Practice: VCH is proposing the creation of a community of practice with a focus on long-term care. As mentioned in the last issue of Connections, a survey has been developed to help understand the needs of point-of-care staff in both Long-Term Care and Assisted Living. Please complete the survey and share this link widely with point-of-care staff so that we can understand what would make the CoP most useful for the community.

https://surveys.vch.ca/Survey.aspx?s=362f18b0d2f72249c3a38725ac4500a917

An initial test gathering will be held at the end of June. Homes interested in participating can email sian.roberts@vch.ca

Provide your Input: Canada's National Long-Term Care Services Standard

The Standards Council of Canada (SCC), Health Standards Organization (HSO) and Canadian Standards Association (CSA Group) are working collaboratively on developing two new national standards for LTC that are shaped by the needs of residents, families and the LTC workforce. They want to hear from Canadians about what matters most when it comes to long-term care. Your responses will help shape what an optimal future state of LTC ought to look like in Canada. Learn more and complete the survey here: https://longtermcarestandards.ca/your-input

Supporting comfort and belonging for people living with dementia: A guide for team members to enhance the environment in senior living. This guide was created by the Research Institute for Aging in Ontario to support team members in assessing senior living environments and discussing opportunities to create a sense of comfort and belonging for people living with dementia, particularly those who repeatedly attempt to exit.


http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_LongTermCareAssistedLiving.pdf

Envisioning the Future: Dementia Care 2021 and Beyond. This virtual symposium is hosted by The Pioneer Network, a leading advocacy organization of the culture change movement. Their goal is to move eldercare to a place where all care and support are person-directed, not system-directed and where flexibility and self-
determination are embraced and practiced. To learn more about the virtual event or to register, visit:

https://www.pioneernetwork.net/envisioning-the-future/

The Danish model, plus 5 more alternatives to LTC as we know it. An interesting look at seniors care models around the world:


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<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>May 27th</td>
<td>11:00</td>
<td>Long-Term Care &amp; Assisted Living Coordination Call</td>
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<td>May 31st</td>
<td>11:00</td>
<td>LTC+ Coaching Session: Reduction of Antipsychotics in LTC</td>
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<td>Join here: <a href="https://bcpsqc.ca/event/may-coaching-session/">https://bcpsqc.ca/event/may-coaching-session/</a></td>
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<td>May 31st - June 2nd</td>
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<td>BC Care Providers Association Annual Conference</td>
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<td>Register here: <a href="https://pheedloop.com/virtualbccpa2021/site/home/">https://pheedloop.com/virtualbccpa2021/site/home/</a></td>
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<tr>
<td>June 16th</td>
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<td>Envisioning the Future: Dementia Care 2021 and Beyond</td>
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Have something you want to share? Submit your meaningful moments or story ideas to VCH-LTC-Connections@vch.ca

To unsubscribe from this email: VCH-LTC-Connections@vch.ca

Previous issues of the Connections Newsletter can be viewed at:

View past issues