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!

"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

My two daughters, Talia and Willow (ages 3 and 1), and I have been virtually visiting residents at Villa Cathay Care Home every week since September last year! My daughters do simple things like eat cheese or yogurt, or play with their stuffed animals on camera, and the residents simply love their energy and their happy presence. The virtual visits usually end on a high note when Talia and Willow finally break their shyness and say a cheerful "bye-bye"! 😊 It continues to amaze me how much joy my daughters can bring to these residents even when they don’t personally know each other. It truly warms my heart to see the kind of difference that we can make in a senior’s day.

~ Shirley Leung, Volunteer, Villa Cathay Care Home

GETTING TO KNOW OUR COMMUNITY

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

~ William Butler Yeats

Meet the Team-Based Quality Improvement (TBQI) team at Minoru!

TBQI is a quality improvement framework that empowers point-of-care staff to lead quality improvement that benefits residents, families and staff. TBQI Clinical Leads are any point-of-care staff who are interested in turning quality improvement ideas into reality! Minoru’s TBQI clinician leads are: Jay-Ahr Umabao (Licensed Practical Nurse),
MINORU TEAM BASED QUALITY IMPROVEMENT

Supported by their Manager, Jo-Anne Kirk, their Clinical Operations Supervisor, Peter Togado, and the Regional TBQI Support team, the Minoru TBQI team meet every two weeks to work on projects. You can see what they are working on in their attached TBQI newsletter.

Celebrations and Commemoration. We want to celebrate, acknowledge and honour all who make our community what it is. Here are some key events for the month of June. If you know of any others, please let us know and we will add it to the calendar.

- June 6-12: Seniors Week
- June 15: World Elder Abuse Day
- June 21: National Indigenous Peoples Day
- Alzheimer’s and Brain Awareness Month
- Dementia Care Professionals Month
- National Indigenous History Month
- ALS Awareness Month
- Pride Month

In honour of Seniors Week, we will have a guest speaker from the Alzheimer’s Society of BC at the June 10th Long-Term Care & Assisted Living Coordination Call. More to come on other presentations and speakers.

Celebrating Nurses Week! Thank you to Little Mountain Place for sharing photos from their Nurses Week celebrations a few weeks ago. Here is what they said about their celebrations: "During these most challenging and unprecedented times, recognizing these heroes who continue to be at the forefront of the battle with COVID-19 is the least we could do. So, we made sure we made them feel special by organizing and celebrating a Nurses' Week that was filled with fun, games and surprises!"
Point-of-care staff - we need your input! The Long-Term Care Community of Practice planning group is still looking for input from point-of-care staff to help understand how to best plan this Community of Practice. Please encourage all staff to complete the survey and share this link widely so that we can understand what would make the CoP most useful for the community.

https://surveys.vch.ca/Survey.aspx?s=362f18bddd7249c3a38725ac4500a917

An initial test gathering will be held on June 22nd at 2 p.m. Homes interested in participating can email sian.roberts@vch.ca

Keeping Residents & Staff Safe in the Heat: With summer fast upon us, the Long-Term Care and Assisted Living Professional Practice Team has created a document with some tips on keeping residents and staff safe. Homes wanting an in-person or Zoom education session can reach out to their Educator or email LTCCEO@vch.ca. A copy of the document is attached with this newsletter.

Intergenerational Jamboree How-To Guide: The Jamboree is an intergenerational music therapy program in which young children and their accompanying adults take part in weekly music therapy sessions along with residents living in retirement or long-term care. This step-by-step guide, published by the Schlegel-University of Waterloo Research Institute in Aging, includes steps to start your own program, including guidelines for virtual delivery and example sessions: https://bit.ly/3fGlHTY

Webinar: Reduction of Antipsychotics in LTC: The BC Patient Safety and Quality Council’s May Coaching Session for the LTC+ program focused on identifying and applying tools and resources in work that focuses on reduction of antipsychotics in Long-Term Care. Hear what other homes in the province are doing to improve quality of care in this area. You can view a recording of the session here: https://bcpsqc.ca/resource/may-coaching-ltc/

How to meaningfully re-connect with those who have dementia. "Everyone has a story. The challenge for the listener is how to invite it into being and how to really hear it." This TED Talk by Anne Basting talks about incorporating art and creativity into elder care settings. She shares how asking "beautiful questions" --
questions that don’t have a right or wrong answer -- opens up a shared path of discovery, imagination and wonder:  
https://bit.ly/3vKKtYx

SHARING UPCOMING EVENTS

- **June 6-12th**  
  Seniors Week

- **June 10th @ 11:00 a.m.**  
  Long-Term Care & Assisted Living Coordination Call

- **June 15th**  
  World Elder Abuse Day

- **June 16th**  
  **Envisioning the Future: Dementia Care 2021 and Beyond**  
  Register here:  https://www.pioneernetwork.net/envisioning-the-future/

- **June 17th @ 11:00 a.m.**  
  Long-Term Care & Assisted Living Coordination Call

- **June 21st**  
  National Indigenous Peoples Day

- **June 22nd @ 2:00 p.m.**  
  **VCH Long-Term Care Community of Practice Meeting**

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: