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**

Connections can be made using the simplest of things. I was at Richmond Lions Manor during breakfast and I noticed a care aide who was trying to help a resident eat her breakfast, without much luck. The resident, who doesn't speak English, kept walking away from the dining room. As I sat in the TV lounge with my own breakfast of steamed yams, the resident sat near me. I greeted her with "Ni hao" and she smiled at me. I offered her a piece of yam. She refused it at first but I tried again and her body language told me that this yam was something that she hadn’t seen for a long time. We started to eat together and she ended up having 4 out of my 5 pieces, but I didn’t mind at all. It was so nice to be able to make this resident’s day so bright by sharing something as simple as steamed yams, and though we don’t speak the same language I now know a little bit more about what she likes to eat!

~ Venus Villaos, Peer Care Aide, Long-Term Care & Assisted Living Professional Practice Team

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**GETTING TO KNOW OUR COMMUNITY**

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

- William Butler Yeats

Meet Jim Friesen, Recreation Program Coordinator (and Resident Photographer), Central City Lodge

Jim Friesen is a Recreation Program Coordinator at Central City Lodge. He has worked for Central City Lodge (originally the Central City Mission Society) since 1982 in various roles until he was asked by the administrator to be a part of the recreation therapy team. Jim cites one of the proud moments in his career as being a part of the Hospital Employees’ Union team that convinced the Health Employees Association of BC to create the recreation program coordinator role – one he still holds! Jim retired in 2009 after 27 years of working at CCL but his connection to Central City Lodge was too strong and he soon found himself back in a part-time role. During his short hiatus, and as a result some of his retirement gifts, Jim had reacquainted himself with his camera and love of photography. Upon returning, Jim decided to put his photography skills to good use. He had often thought that the resident photos on their room doors didn’t represent the residents and who they were. Jim felt there was often no dignity in the photos since they are taken when a resident moves in and perhaps not feeling their best. He realized that he was in a position to do something about it, so he created CCL's “Photo Studio Day.” Once a quarter, he sets up the library at Central City Lodge as a photo studio and anyone who wants the experience of sitting in a portrait studio can have it. As Jim says, “They would have the opportunity to feel like they were the centre of attention for some time – if we got a good photo, then that’s great.” Judging by the photos on the doors at CCL, giving residents that extra attention results in many great photos. See below for some examples.
Engaging Residents through Intergenerational Storytelling. Over the last few years, Purdy Pavilion has engaged with Emily Carr University of Art + Design and the Health Design Lab in a program called Perspectives. This program brings together 3rd year design students with residents in Long-Term Care through storytelling activities and co-design. It aims to create meaningful opportunities for connection and a setting to co-create publications that feature the life experiences and perspectives of people living in care. Originally spearheaded by Recreation Therapist, Donna Levi, this year’s program ran virtually through the efforts of Recreation Therapist Marylène Croteau. Learn more about this program in this article published by the Vancouver Sun on June 4th: [https://bit.ly/3zAAPtR](https://bit.ly/3zAAPtR) and this article on the Emily Carr website: [https://bit.ly/3veVCKZ](https://bit.ly/3veVCKZ)

Bus Celebration! Minoru Residence is grateful to be able to take residents out on outings again after their previous bus broke down nearly 2 years ago. Through a generous donation from the Richmond Hospital/Healthcare Auxiliary, residents at Minoru will once again be able to have the opportunity to engage in meaningful leisure opportunities offsite and have access to the community. A celebration was held on June 2nd. Bee Virk, Senior Recreation Therapist at Minoru Residence says the team has already noticed a positive difference in the emotional and mental well-being of the residents since the bus has been in use.

Community of Practice! The Long-Term Care Community of Practice will hold its first gathering on June 22nd from 2-3 p.m. The topic will be "Caring for Our Community" and will feature a presentation from an interdisciplinary research team on the topic of understanding and alleviating health care provider stress related to supporting long-term care residents through the dying process. A poster with the Zoom details for the meeting is attached and all are welcome! We also continue to gather information from point-of-care staff about their thoughts and suggestions for this Community of Practice. The survey can be accessed at this link or through the QR code beside this article: [https://bit.ly/3xBlvuf](https://bit.ly/3xBlvuf)

Senior’s Week. The Alzheimer Society of BC joined last Thursday’s Coordination Call to help celebrate Senior’s Week. They shared a short presentation of the programs they provide to support people diagnosed with dementia, and for their loved ones, including virtual and in-person education, support groups and a referral program called First Link. More information on the programs and resources provided by the Alzheimer Society can be found here: [https://alzheimer.ca/bc/sites/bc/files/documents/Links-resources-VCH-presentation-May2021_0.pdf](https://alzheimer.ca/bc/sites/bc/files/documents/Links-resources-VCH-presentation-May2021_0.pdf)
National Indigenous People’s Day. June 21 is the 25th Anniversary of National Indigenous People’s Day (previously known as National Aboriginal Day). This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. In recognition of this important day we invite you to take a few minutes to explore some helpful resources provided by the VCH Indigenous Cultural Safety (ICS) Program.


- Indigenous Cultural Safety & Humility Resources Workbook (attached). This workbook was created to empower healthcare providers working in Emergency Department settings but contains a lot of great information and short videos to jump start your personal learning journey.

Celebrating Pride Month. June is International Pride Month and as a starting point for learning more about how to support the LGBTQI2S+ community living in long-term care here is a past webinar titled Supporting the Rainbow Community: A Home for All. In this webinar, the presenter talks about the exploration of his experience as a gay man working as a long-term care home administrator, and the journey he undertook towards supporting his team in creating a more welcoming, inclusive care home. You can watch the webinar here: [https://clr1-ltc.ca/resource/homeforallwebinar/](https://clr1-ltc.ca/resource/homeforallwebinar/)

Even 4 hours a Day Won’t Cut It: Why Transforming Long-Term Care Needs to Start with Empathy: In this webinar, hosted by the National Institute on Aging, Moira Welsh (author of Happily Ever Older) and Dr. Samir Sinha (who is currently leading the development of new National Long-Term Care Standards) will discuss examples of excellence in long-term care from around the world. The discussion will also cover why the current government’s commitment to fund four hours of direct daily care won’t necessarily result in meaningful change that would enable older people to experience fulfilling lives while living in a long-term care home, and what we need to do to address this. The webinar is on June 28th at 9 a.m. PST. You can register here: [https://sinaihealth.zoom.us/webinar/register/WN_SQODrCHrQRyB-B6ut-JUfw](https://sinaihealth.zoom.us/webinar/register/WN_SQODrCHrQRyB-B6ut-JUfw)

**SHARING INSPIRATION**

**June 21st**
National Indigenous Peoples Day

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

**June 24th @ 11:00 a.m.**
Long-Term Care & Assisted Living Coordination Call

**June 28th @ 9:00 a.m.**
Even 4 hours a Day Won’t Cut It: Why Transforming Long-Term Care Needs to Start with Empathy
Register here: [https://sinaihealth.zoom.us/webinar/register/WN_SQODrCHrQRyB-B6ut-JUfw](https://sinaihealth.zoom.us/webinar/register/WN_SQODrCHrQRyB-B6ut-JUfw)

Have something you want to share? Submit your meaningful moments or story ideas to VCH-LTC-Connections@vch.ca

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