



The **CONNECTIONS NEWSLETTER** is a collaboration between residents, families, and staff that aims to create connections across the Long-Term Care and Assisted Living community within Vancouver Coastal Health. It is an opportunity to share meaningful stories and celebrate what makes long-term care and assisted living special, bringing to reality the spirit of living meaningfully in community with dignity, connection and well-being.

If you want to subscribe to receive a digital copy of the Connections Newsletter, share feedback, or request your home and/or your story be shared next, please send an email to: LTC-AL-Connections@vch.ca



GETTING TO KNOW THE COMMUNITY

Home Profile: Southview Heights in Vancouver



Opened in 2007, Southview Heights is an assisted living care home operated by the Salvation Army, situated in South Vancouver, steps away from the Champlain Square shopping centre. A home-like community, there are 53 one-bedroom units, each with a full kitchenette, separate bedroom, three-piece ensuite, and dedicated outdoor space (patio or balcony). On the same property, the Salvation Army also operates an independent supportive seniors residence: Southview Terrace.

Before Southview Heights was built, the lot was originally home to Southview Lodge, which opened in 1975 as a long-term care home. Over time, the community advocated to transition to affordable seniors housing and then later to have both independent and assisted living services as Southview Heights and Terrace. To the Salvation Army, Southview Heights and Terrace are one big home, sharing dining, recreation programming, and religious services, as well as staff. Additionally, thanks to further funding from the Salvation Army, residents at Southview Heights receive complimentary buffet-style breakfast, as well as publicly-subsidized lunch and dinner meals.

Volunteers are an important part of recreation at Southview, including entertainers and multiple pet therapy dogs, supported by non-profit organization, Pets and Friends (who have been featured in the Connections Newsletter previously). Weekly visits from Ryder and Spot are highly anticipated by residents and staff alike. Residents are also given the opportunity to help in the community by assisting on ice-cream sale days or in the Tuck Shop, an in-home convenience store where residents can purchase everyday necessities without needing to leave Southview.

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During the summer season especially, fostering a sense of community is important at Southview. Themed barbeques and special events, either outdoor in their garden and driveway or inside in their dining room, are held twice a month. This is an opportunity for residents of both Southview Heights and Terrace, their families, friends, and staff to come together, celebrate, and have fun (e.g. the antique car show event pictured on Page 1).

All of this aligns with the Salvation Army mission to serve the needs of seniors, as well as be a good neighbour. This is guided by a compassionate and holistic approach to providing for the physical, emotional, spiritual, and social needs of all residents, their families, and the community. As a faith-based organization, the Salvation Army supports dignity, choice, and independence at Southview, built on Christian principles. That being said, residents do not need to be Christian to live at Southview and all are always welcome.



FROM THE VOICES OF RESIDENTS

Resident Profiles: What are some things you want others to know about your hometown and your care home now?

LORNE SMITH



LORNE was born in Burnaby and is currently 70 years old. He was previously married and later separated, and from that marriage he has a daughter who is currently a realtor and a son who lives in Richmond. His daughter and her partner come to visit weekly, and he enjoys having regular visitors! Lorne previously worked as a Day Program Manager and considers himself an extrovert who enjoys helping others.

Lorne has found a similar purpose at Rosewood Manor, where he helps new residents feel welcome by helping with orientation and onboarding, working alongside the social worker. Lorne is known as a friendly face at Rosewood by all residents, as he likes to make his rounds in the morning, greeting everyone and saying “Good morning, how did you sleep?”

ROSEWOOD MANOR

Lorne also enjoys attending the Town Choir where he can sing along with his friends, it’s a great way to gather! Dinners at Rosewood are also a great way to sit with friends and socialize. Lorne is also on the Food Committee and is proud to share that the menu rotates every four weeks. He likes to start his day with cereal, coupled with a fresh cup of hot coffee. “The food is amazing and the kitchen is well run!”

Over the years, Lorne was diagnosed with bipolar disorder and the Mental Health Team comes to visit Lorne for regular check-ins. He feels lucky to be in such good hands and would like to remind everyone that positive self-talk is important for everyone’s mental health! So let’s be kind to each other, but most importantly to ourselves!



FROM THE VOICES OF RESIDENTS

Resident Profiles: What are some things you want others to know about your hometown and your care home now?

PEGGY MCCRAE



ROSEWOOD MANOR

PEGGY is originally from Guelph, Ontario and is 68 years young. She is currently “the youngest lady” residing at Rosewood Manor. While Peggy never married, she was engaged four times and considers herself as the run-away bride. She has no regrets and says “if it’s not meant to be, it’s not meant to be!” Peggy’s mother was a dietitian and competitive swimmer from New Westminster. Peggy never got into swimming, instead, Peggy inherited her mother’s talent to bake, and she bakes the best chocolate cookies and muffins! In fact, they’re so good, her friend has taken the recipes and often brings baked goodies for her to share. Peggy moved to Rosewood three months ago following her retirement from Air Canada where she worked over 40 years! Her nickname was “Airline Brat” as she navigated the administrative world for Air Canada.

Despite her career in people-facing roles, Peggy considers herself an introvert and enjoys spending time alone. She always enjoyed reading (and still does) but it has become challenging recently due to her cataracts and she is looking forward to cataracts surgery soon. She loves going to the garden and pond, as well as watching the cute rabbits running around the property! Peggy also enjoys spending time with her new friends at Rosewood, as well as remaining in touch with her long-standing friends via telephone.

EARL ERICKSON



ROSEWOOD MANOR

EARL was born and raised in Vancouver and is 80 years old! He has a twin sister who was born first, so Earl considers himself the younger sibling. He attended Charles Dickens Elementary School and Sir Charles Tupper Secondary School. As an adult, he had a career as a janitor for 50 years and married his wife shortly after starting his career. They were married for 47 years, though his wife passed away 10 years ago.

Earl has lived at Rosewood Manor for the past 13 years and shares that it’s been hard losing his friends along the way leading to a diagnosis of clinical depression two years ago. This has lead Earl to be an advocate of staying positive. Despite the emotional challenges, he enjoys living at Rosewood Manor and is “really happy here.”

Earl is President of the Resident Council and is featured this year in the Richmond Arts Council [“Faces of Richmond 2025”](#) gallery exhibit. He plays picture bingo twice a week and really enjoys the Chinese food at Rosewood. Earl and Peggy (featured above) both enjoy the chicken balls with sweet and sour sauce and they have a running joke that always gets them laughing, highlighting the importance of finding joy in the simple things.



WHAT'S HAPPENING AT VCH?

Pride 2025 - Vancouver Pride Parade

Since June, many 2SLGBTQIA+ communities have been celebrating Pride — and the celebrations continue! At VCH, we're proud to support opportunities for residents, tenants, clients, and staff to participate in Pride events, as part of a commitment to ensuring inclusive, safer spaces, and quality care to all.

We're excited to share that during last year's Vancouver Pride Parade, more than 30 residents, tenants, families, and staff from long-term care and assisted living homes joined the parade.



This year, we warmly invite our long-term care and assisted living community to take part in the 2025 Vancouver Pride Parade on Sunday, August 3rd. You can join in one of two ways:

- In-person: Walking alongside the VCH float or on the accessible bus (limited seating available).
- Virtually: Watch the parade and appear live via Zoom on a screen displayed on the VCH float.

Online registration is open until Thursday, July 31st. To sign-up, please use [this link](#) or email LTCPractice@vch.ca if you have questions about attending the Pride parade or cannot fill out the survey. For those members of our community who may not be able to attend or register themselves, care homes who have the ability to arrange to broadcast the parade in the home (e.g. in a common space) are encouraged to register to receive the Zoom link.

VCH continues to support care homes with education and resources via the Professional Practice team. This includes events such as the most recent Community of Practice event held in June 2025: *Caring with PRIDE*. Over 70 attendees from across VCH, including care home leaders and staff, joined to engage with a panel of community members who shared stories of lived experience and strategies to create safer, inclusive spaces that honour and celebrate gender and sexual diversity in long-term care and assisted living. A recording is available upon request.

Vancouver Coastal Association of Family Councils (VCAFC)

VCAFC is one of five regional associations who are members of the Independent Long-Term Care Councils Association of BC. Do you have an active resident and/or family council in your long-term care home? VCAFC is a 'toolkit' of resources and includes a team of volunteers to support local councils' ongoing success: see their [pamphlet](#) for more information on how they can help support your home specifically and/or contact VCAFC directly at: vcafc.regional@gmail.com