




This newsletter is co-designed between residents, families and staff 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 bring to reality our vision of **Living meaningfully in community with Dignity, Connection and Well-Being**. We want to build our **COMMUNITY**, so please share this newsletter widely and send us your stories! If you are a resident or a family member, or know of a resident who would be interested in being a part of this committee, please email VCH-LTC-Connections@vch.ca.

GETTING TO KNOW OUR COMMUNITY

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



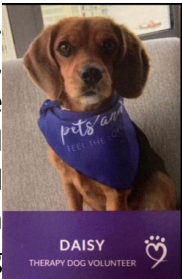
Home Profile: Haro Park Centre, the HEART of Vancouver West End!



Haro Park Centre is a **Campus of Elderly Health Care**, the first of its kind in the West End of Vancouver, BC. The Campus of Care provides **independent housing, assisted living and long-term care**, providing elders with the opportunity to age in one place. As their needs change, the staff and facility supports elders and their families with the necessary care and support, without moving them away to a new home; providing elders with the opportunity to age in one

community. This helps build strong and lasting relationships, for both the residents and staff.

Our lounge on the main floor, is where all the fun activities are organized. There are endless events including music programs (choir, drumming, ukulele, singing, karaoke) dance parties, live music, pub days, movie nights, drive in movies, baking in the Country Kitchen, Paint nights and much more. Sometimes, our furry friend 'Daisy' the Wonder Dog, will come and visit and it's really sweet. Daisy has the softest of ears and such a gentle and loving girl. We are happy to have Daisy in for visits and bring some doggie joy to the residents & staff.



There are also monthly festive activities like pumpkin carving for Halloween and London Drugs Stocking Stuffers for Seniors' campaign for Christmas. All residents are welcome and it can be great fun!



We are looking forward to doing more of these activities over the Holidays and in the New Year. Happy Holidays and see you in 2024 everyone!



"Never be afraid to raise your voice for honesty and truth and compassion...If people all over the world...would do this, it would change the earth."

~ William Faulkner

FROM THE VOICES OF THE PEOPLE WE SERVE

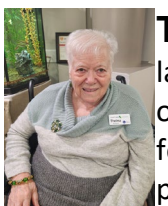
What does engaging in "Meaningful Activities" mean at Courtyard Gardens? Let us find out from our residents!



Fern. I used to be a preschool teacher in Revelstoke, BC. I would say my passion is education, I love curling, and music. My studies led me into the field of economics, which I found both challenging and fulfilling. I enjoy leisurely walks and walk when I can. When it comes to music, I like the opera and the soothing tones of a piano. My husband and I used to attend concerts and operas frequently. This is a fond memory of mine and I am glad we have music at Courtyard Gardens - we sometimes have choir, live music, and music therapy. Reminds me of the days I went to the opera with my husband. These days, I continue to cherish these moments and I am happy I can still do these things.



Arthur. I am originally from Saskatoon and I like the outdoors. Fall is my favorite season and so are the colorful leaves. I like getting on the bus and touring around the home, it's one of the activities we do. I also served as a reservist in the Army, which I am very proud of and have pictures in my room that reminds me younger days. I have a big family too and lots of photos of them too! I am very lucky to have a big and loving family. I also like to use my hands and like to build things, crafting ornamental items from wood!



Thelma. I'm originally from Saskatchewan, where I grew up on a farm. I later found my husband and made a home in Vancouver. Music is a big part of my life. I play the piano and have played all my life! I play the piano here for my friends at the home every Sunday morning. One of my favorites to play is "Peace in the Valley." Gospel music is my music of choice and I've collected over 200 songs that mean a lot to me. I have a small piano in my room and it just like home. My husband and I used to live in a two bedroom condo and it was too big! It's nice here and my daughter visits often.



"A little step may be the beginning of a great journey"

~ Author unknown



VCH Regional Resident and Family Council

The Regional Resident and Family Council Network (RRFCN) comprises Resident and Family Council representatives from across all regions of Vancouver Coastal Health. The RRFCN is a forum for bi-directional information sharing between Resident and Family Councils, VCH and the Ministry of Health. The group meets quarterly- with the most recent meeting occurring on November 9th, 2023. Participants shared ideas on improvements they would like to see in long-term care including enhanced communication processes, more access to fresh food and a decrease in foods high in starch, and the challenges of staff shortages. Various Resident and/or Family Council driven initiatives were shared including communication work flows, access to resident information initiatives, fundraising successes, and meaningful recreation opportunities. The Medical Health Officer joined the meeting to share information and seasonal updates on Viral Respiratory Illness and solicit valuable feedback from representatives related to respiratory illness in LTC. The Co-Chairs of the RRFCN will be attending the Provincial Forum along with Health Authority Representatives across BC on December 6th, 2023.



Bringing the resident's voice to the C.A.R.E. Experience

The VCH Experience in Care Program and Minoru Residence long-term care created the "C.A.R.E. Experience Bundle" tool to shift care conferences from a medical focus to person-centred care. This bundle supports teams to involve residents and families in their annual care conference to discuss



what matters most to them and improve their experiences. This video highlights the voices of residents, families, and staff who were impacted by this project.

You can watch the video here: <https://vimeo.com/811451849>

To learn more about this Care Conference Project and the C.A.R.E. Experience Bundle, please contact the VCH Experience in Care Program: experience@vch.ca

Project Team: Ada Chow, Lindsay Fleet, Shawna Fu, Charles Gali, Jasjit Gill, Courtney Hoffman and Florence Yip



Opportunity | Uplifting the Hearts of Health Care

Do you have an uplifting story to share to show collaboration that occurs daily to support meaningful living and quality of life? Rosemary Dunne, Executive Director at Broadway Lodge is working with her colleague Jo-Anne Harrison to produce an exciting new book that will be uplifting and helpful to our care communities. For their new book, **Uplifting the Hearts of Health Care: Moving beyond compassion fatigue through stories of love, laughter and**



care, they are seeking stories from residents, families or staff. If you have a story that touched your heart, taught you lessons, raised your spirit, brought humour or lightened your journey, you can submit it here: <https://rosemarydunne.com/new-book-announcement>



Resource | Information about Resident & Family Councils

Vancouver Coastal Association of Family Councils (VCAFC) is a resource available to support and implement the Ministry of Health vision for deeper engagement with residents and families in long-term care by way of resident and family councils. The volunteers of VCAFC have lived experience with the long-term care journey. They offer the kind of guidance and support needed by families and their loved ones to establish councils and create collaborative relationships with care home leaders.

Connect with VCAFC: vcafc.regional@gmail.com



Resource | Supporting an Active Partnership

Following the Ministry of Health's revised regulations to strengthen support for resident and family councils in November, 2022, the BC Care Providers Association released ***Supporting an Active Partnership: A Service Provider's Guide to Family & Resident Councils***. This guide is intended to share learnings and best practices for supporting long-term care operations in the development and continuation of resident and family councils.



SUPPORTING AN ACTIVE PARTNERSHIP:
A SERVICE PROVIDER'S GUIDE TO
FAMILY & RESIDENT COUNCILS

<https://bccare.ca/supporting-an-active-partnership-a-service-providers-guide-to-family-resident-councils/>



EVIDENCE & INSPIRATION



Research | Art making and expressive art therapy

"Creative expression and the arts have proven to enhance health, self-esteem, achievement, and social connections for individuals, their loved ones, and healthcare professionals alike. Embrace the transformative impact of the arts on holistic well-being"

This review explores the role of art making and expressive art therapy in adult and long-term care from 2010 to 2020. While receptive art engagement is known to promote well-being, this study delves into the less-explored realm of active art engagement in health care. The review, covering 42 papers, reveals that art activities, both individual and in therapy, are prevalent in various healthcare contexts, especially for older adults and those with chronic illnesses. The emphasis on personal narrative in art activities is linked to positive outcomes such as personal growth, symptom alleviation, and improved communication between individuals, their families, and healthcare professionals. The conclusion suggests that integrating art activities into health and care can enhance person-centeredness and should be considered an essential aspect of healthcare practices! <https://www.sciencedirect.com/science/article/pii/S2352013220301502>



Inspiration | #Go To Grandma Podcast

Kathy Buckworth curates an engaging half-hour of insights and enjoyment tailored for today's grandparents. Covering a spectrum from technology to travel, culinary delights, and fitness, the show explores everything relevant to grandparents. Joining Kathy are guest experts and distinguished grandparents who share their wisdom and experiences.

<https://podcasts.apple.com/ca/podcast/go-to-grandma/id1580996085>

KUDOS & ACKNOWLEDGEMENTS



Vaccine Campaign

As the weather cools down across the region, preparations have been steadily underway for the respiratory virus season. The 2023 fall vaccination campaign for Long-Term Care and Assisted Living launched the week of October 3rd and will continue until close on November 30th.

To date, incredible efforts have been made to complete Influenza vaccinations for all eligible persons in care, with Covid-19 vaccinations set to wind down by the end of the month.

For staff supporting seasonal activities, updates have been made on the OneVCH website to provide key seasonal information and practice updates. To learn more, please visit Respiratory Virus Season (vch.ca). We thank everyone for their continued commitment in ensuring our communities are protected, and look towards a healthy and happy season ahead!



Have something you want to share?

Submit your stories to <https://bit.ly/41QZKqF>

**Vancouver
CoastalHealth**

Previous issues of the Connections Newsletter can be viewed at:

[View past issues](#)

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Email sent to: karen.anderson@example.org

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