



**Providence
Health Care**

How you want to be treated.

CONCURRENT SESSIONS

West Coast Conference on Aging

Thursday, June 19, 2025

- Frailty, sarcopenia, rapid identification and interventions
- An innovative, preventive and rehabilitative model of care: The Independence Model (TIM)
- Fostering Grassroots Culture Change: The Home for Us Model and Appreciative Inquiry Approach
- Nothing About us Without Us: Increasing Effective Engagement with Residents and Families in Long-term care
- Integrated Community Care 4 All: Principles for Transforming Seniors Care in BC
- The Transformative Potential of Digital Storytelling for Understanding Seniors' Well-being

Friday, June 20, 2025

- Transforming Care to Enhance Quality of Life: Early findings from an Interdisciplinary Evaluation of Providence Living at The Views
- The Seniors Quality Leap Initiative (SQLI)
- Transforming Care for Home Health Clients: A Journey to Standardize Malnutrition Screening
- Moving from Risk to Resilience: Targeted Skill-Building for Dementia Caregivers
- Healthy Hearing = Healthy Aging: Understanding hearing loss and common best practices for managing hearing health in daily living
- Small Practices, Big Impact: Building Resilience in Dementia Caregivers





- Not Your Mother's Menopause: Insights about Menopause from Younger Women with Ovarian Removal





THURSDAY, JUNE 19, 1130 – 1200h

Frailty, Sarcopenia, Rapid Identification and Interventions

LOCATION: BALLROOM 1 & 2

Dr. Kelly Picard

Renal Dietitian Coordinator, Island Health Authority

Kelly Picard has worked as a clinical dietitian since 2008, with the majority of her practice spent in Chronic Disease Management. Kelly currently works for Island Health in the Nanaimo Kidney Care and Transplant Clinic. In addition to her clinical work, Kelly obtained her PhD in Human Nutrition from the University of Alberta in June of 2023.



Kelly has a passion for understanding and assessing the impact of muscle health on quality of life and developing comprehensive interventions to assess these concerns. She spear-headed the introduction of the routine use of hand-grip measurements and the sarcopenia frailty screening tool within the renal program at Island Health to better assessed muscle function.

Moderator: Eli Puterman





An Innovative, Preventive and Rehabilitative Model of Care: The Independence Model (TIM)

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Indershini "Desh" Pillay

Director, Allied Health and Interprofessional Practice, Providence Health Care

Desh has over 30 years of healthcare experience, specializing in acute care, rehabilitation, and innovative care models. A registered Speech-Language Pathologist and leader at Providence Health Care, she has developed groundbreaking approaches like The Independence Model (TIM) for Medicine and Surgery and the Patient Eating and Recovering (PEAR) Model for seniors' care.



A clinical instructor at UBC and a published author, Desh is committed to advancing interprofessional collaboration, patient-centered care, and sustainable practices. At the 2025 West Coast Conference on Aging, she will share insights from TIM, a transformative model enhancing wellness and independence with applications for aging populations.





Eduardo “Eddie” Naranjo

Practice Consultant, Allied Health, Providence Health Care

Physiotherapist and nurse by background, with 25 years of clinical experience, Eddie came to Canada from Spain in 2012 to pursue a MSc at UBC and subsequent clinical doctorate degree.

After years conducting research, teaching and working clinically in Vancouver, he led The Independence Model (TIM) at St Paul’s Hospital. Shortly after, he became practice consultant for allied health scope at PHC, where he provides support to all allied health disciplines and leads novel models of care.



Moderator: Jeff Masse





THURSDAY, JUNE 19, 1245 – 1315h

Fostering Grassroots Culture Change: The Home for Us Model and Appreciative Inquiry Approach

LOCATION: BALLROOM 1 & 2

Anastasia "Tasia" Tsatsanis

Leader, Quality of Life and Resident Experience, Providence Health Care

Tasia Tsatsanis, OT, MOT is the Leader for Quality of Life and Resident Experience at Providence Health Care's (PHC) long-term care (LTC) program in Vancouver, BC. She spearheads several initiatives aimed at fostering holistic well-being for residents and empowering staff to deliver exceptional care.



Central to these efforts is the implementation of the Home for Us model of care across PHC and Providence Living's LTC homes. This model offers a transformative approach that shifts the paradigm from institutional to social-relational, emphasizing the importance of nurturing connections and enabling residents to lead fulfilling lives that align with their individual preferences and desires. Passionate about enhancing the well-being of aging adults, Tsatsanis' work embodies a commitment to dignity, respect, and meaningful living for seniors.





Vinnie Tang

Change Initiative Specialist

Vinnie Tang has experience in Recreation Therapy, working in the retirement, assisted living and long-term care homes in Ontario and BC for the past 8 years.

He has earned his undergraduate degree from UW (University of Waterloo). Currently, Vinnie is on the Home for Us team as the Change Initiative Specialist, working closely with an interdisciplinary team to do quality improvement projects at a PHC home.



Deb Chmelauskas

Occupational Therapist, Dementia Consultant

For the past three years, Deb has been a member of Providence Living's Home for Us team, contributing to a range of initiatives supporting the education and implementation of the Home for Us model of care. A registered occupational therapist with over twenty years of experience and a deep passion for person-centred approaches, Deb brings clinical expertise and compassionate insight to her work.

In addition to her role at Providence Living, Deb is the founder and owner of a dementia consulting business. Through this work, she provides education, practical strategies, and emotional support to individuals and families navigating cognitive impairment and dementia. Her mission is to empower caregivers and enhance the quality of life for those living with dementia.



Moderator: Sharon Parkes





Nothing About us without us: Increasing Effective Engagement with Residents and Families in Long-term Care

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Lisa Dawson

Vice President/Secretary, Independent Long-Term Care Councils Association of BC (ILTCCABC)

Since her father's move into long-term care in 2011, Lisa has been a strong advocate for advancing the quality of care and life for residents in long-term care, as well as those who work there.

Lisa is involved at the individual care home level as Co-Chair of the Family Council. It is there the education, peer support and collaboration with management begin to positively impact residents, family and care home community. The conversations around lived experiences raise the collective voice, ideas are born, and quality improvements are made. Lisa's passion in improving long-term care goes beyond the home.



At the regional level, Lisa is Chair of the Vancouver Coastal Association of Family Councils (VCAFC). At this level, family councils across the health authority are supported by volunteers with lived experience to grow, raise their voice at the health authority level and access VCAFC for as a resource for continued support. At the provincial level, Lisa serves on the board to help support the regional associations carry out their good work. Lisa is dedicated to the mechanism of the resident and family council as an avenue of engagement in the decision-making affecting residents' quality of life in long-term care.

Moderator: Ashley Payne





THURSDAY, JUNE 19, 1315 – 1345h

Integrated Community Care 4 All: Principles for Transforming Seniors Care in BC

LOCATION: BALLROOM 1 & 2

Dr. Amy Salmon

Associate Director, Centre for Advancing Health Outcomes; Conconi Family Foundation

Distinguished Scholar in Seniors Care at UBC

Dr. Salmon is the inaugural Conconi Family Foundation Distinguished Scholar in Senior's Care and leads the Advancing Health Seniors Care Research Group, whose current work supports health system decision-making in implementing innovative social-relational models in long-term care and integrated community care settings.



Sanja Simic

Executive Director, Conconi Family Foundation

Sanja Simic is the Executive Director at the Conconi Family Foundation. She comes from the world of finance and integrates elements of finance and philanthropy into a hybrid operating model. Sanja believes that the role of philanthropy fills gaps in our current funding system, sparks social innovation and as a result changes the landscape of our society to be more resilient and thriving.



Under Sanja's leadership, the Conconi Family Foundation supports a number of new, transformational projects and companies by providing the "first money in" as well as guidance and additional lift-off





supports. Early investments were made in health and social tech companies, innovative medical research, new human-centered healthcare model, and an exploration into Social R&D infrastructure.

Sanja's vision for philanthropy is active rather than passive and a verb rather than a noun. Her leadership drives the Conconi Family Foundation's work to be open and transparent, grounded in data, deepened by partnerships and scaled through systems change. This positions the Foundation as a leader in shaping a new model of Engaged Philanthropy for the 21st Century.

Moderator: Sharon Parkes

The Transformative Potential of Digital Storytelling for Understanding Seniors' Well-being

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Jazmine Raine

Trent University

Jaz is an artist, doctoral student, and community organizer living and working in Nogojiwanong/Peterborough. They are a graduate research associate with the Trent Center for Aging and Society where they investigate the experiences of older 2SLGBTQIA+ adults in Ontario. They are interested in digital storytelling and other arts-based participatory methodologies, and in clinical education protocols and health policies that effects older queer and trans identified adults.



Moderator: Ashley Payne





FRIDAY, JUNE 20, 1100 – 1130h

Transforming Care to Enhance Quality of Life: Early Findings from an Interdisciplinary Evaluation of Providence Living at The Views

LOCATION: BALLROOM 1 & 2 (60 min presentation; 1100 – 1200h)

Dr. Amy Salmon

Associate Director, Centre for Advancing Health Outcomes

Conconi Family Foundation Distinguished Scholar in Seniors Care at UBC

Dr. Salmon is the inaugural Conconi Family Foundation Distinguished Scholar in Senior's Care and leads the Advancing Health Seniors Care Research Group, whose current work supports health system decision-making in implementing innovative social-relational models in long-term care and integrated community care settings.



Dr. Habib Chaudhury

Professor, Department of Gerontology, Simon Fraser University

Associate Director, Gerontology Research Centre

Dr. Habib Chaudhury, Chair and Professor in the Department of Gerontology, has extensive research experience in the field of environmental gerontology. He conducts research and consulting work in the following areas: physical environment for people with dementia in long-term care facilities, dementia-inclusive communities, and community planning and urban design for age-friendly communities.





Projects have been funded by the Public Health Agency of Canada (PHAC), Canadian Institute of Health Research (CIHR), Social Science and Humanities Research Council (SSHRC), Canada Mortgage and Housing Corporation (CMHC), CapitalCare Foundation and the Centre for Health Design.

Ms. Ziyang Zhang

PhD Candidate, Simon Fraser University

Ziyang Zhang is a PhD candidate in Gerontology at Simon Fraser University. Her research focuses on dementia care models, with particular expertise in person-centred and relational approaches. Her doctoral work examines the recreational engagement of residents with dementia in long-term care settings.

More broadly, her interests include advancing person-centred approaches and exploring innovative models of dementia care that support meaningful engagement and quality of life.



Dr. Adam Easterbrook

Program Head – Knowledge Translation, PHD

Dr. Easterbrook conducts qualitative research that embeds him within health systems, with the aim of identifying approaches to improve practice and policy. His research includes exploring how complex health systems differentially influence those who work in, or access, them. This holistic systems perspective allows for identifying approaches to facilitate change that consider the complexities inherent within medical systems and related contexts.



Moderator: Jennifer Lyle





The Seniors Quality Leap Initiative (SQLI)

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Jennifer Hartwick

Director of Business Process Development, Schlegel Villages

Jennifer Hartwick has a passion for working with older adults and has over 20 years of Retirement and Long-Term Care experience. She has a Honours Bachelors of Science degree and a Masters of Science degree in Kinesiology from the University of Waterloo. Over the years Jennifer has held several positions within Schlegel Villages which currently. Her roles have allowed her to gain experience with a wide variety of operational issues while supporting their Culture Change journey. Today, she is the Director of Business Process Development. In this role she supports accreditation, development and execution of Schlegel Villages 5-year Strategic Plan and supports the development of new partnerships. Additionally, Jennifer is responsible for project managing initiatives related to operational systems and new home openings.



Kevin Harter

CEO, Luther Court Society

Kevin Harter is CEO of Luther Court Society, an innovative campus of care dedicated to elevating the quality of life for older adults throughout 45 years of impact in the Greater Victoria community.

Kevin leverages his 20 years of leadership expertise to drive innovations in health care that benefit Canadians from coast to coast as they age. In his former role as CEO of York Care Centre, the largest long-term care facility in New Brunswick, he forged strategic nationwide partnerships resulting in the





creation of the Centre for Innovation and Research in Aging (CIRA) and AGE-WELL's National Innovation Hub on Advancing Policies and Practices in Technology and Aging (APPTA).

Kevin collaborates with healthcare leaders across North America through his participation in the Seniors Quality Leap Initiative along with the Hospice Care Alliance of BC. He serves as chair of BC Hospice Palliative Care Association's Board of Directors and is the former CEO of Victoria Hospice. As long-term care continues to evolve in BC and beyond, Kevin is committed to championing a collaborative palliative approach when it comes to end-of-life care.

Moderator: Jeff Masse





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FRIDAY, JUNE 20, 1130 - 1200h

Transforming Care for Home Health Clients: A Journey to Standardize Malnutrition Screening

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Leila Goharian

Regional Practice Initiatives Lead, Vancouver Coastal Health

Leila Goharian is the Regional Practice Initiatives Lead for Allied Health at Vancouver Coastal Health. She holds a Bachelor's in Dietetics from UBC (1997) and a Master of Science in Human Services and Healthcare Administration from Capella University (2010). Leila has worked clinically since 1998 in various settings across BC, Dubai, and Saudi Arabia.

She has an extensive publication record dating back to 2004, with her most recent work in 2024. Leila was nominated for the oneVCH Team Award in 2023 and 2024, and for the BC Quality Award in 2024 for her malnutrition screening work.





Sepi (Sepideh) Sarbazi

Home Health Dietitian, Vancouver Coastal Health

Sepi Sarbazi, is a Registered Dietitian, (RD), with "College of Health and Care Professionals of BC", (formerly College of Dietitians). She completed her Master of Sciences in "Human Nutrition and Dietetics" in University of British Columbia in 2008 and began practicing in various dietetic roles including Clinical Dietitian in acute care units, Consultant Dietitian, and Regional Licensing Dietitian in VCH Health Care facilities Licensing Dept.



She found her ultimate career passion, when she first joined the VCH Home Health multidisciplinary team thirteen years ago, working as a Home and Ambulatory Care dietitian. Serving to a diverse population of home-bound adult patients with nutrition related challenges has rewarded her with a unique opportunity to expand her skills, implementing clinical knowledge in the context of home care, utilizing diverse resources to deliver care and patient advocacy within layers of the health care system. Her practice has increasingly involved working with the growing population of home-bound patients with Home Enteral Nutrition, cancer and neuromuscular diseases, which has trended her ongoing learning and career goals more objectively.

Since 2015, She has been an active member of Vancouver Home Health RDs research projects, under VCH Research Institute, raising awareness about prevalence of malnutrition among home- bound patients as well as developing and establishing the "standard practice of Malnutrition Screening in home health setting".





Andrea Brand

Home Health Dietitian, Vancouver Coastal Health

Registered Dietitian with 5 years of experience in both acute and community care settings. Andrea graduated with a Bachelor of Human Kinetics with a minor in Community Health Promotion at UBC Okanagan in 2014.

Furthering her passion for nutrition, she went on to complete a Master of Dietetic Practice at La Trobe University in Melbourne, Australia where she worked as a clinical dietitian for 2 years and returned home to Vancouver in 2022. Andrea is passionate about providing equitable nutrition care to vulnerable populations, especially older adults and marginalized community groups.



Moderator: Jeff Masse





FRIDAY, JUNE 20, 1245 – 1315h

Moving from Risk to Resilience: Targeted Skill-Building for Dementia Caregivers

LOCATION: BALLROOM 1 & 2

Dr. Elisabeth Drance

Geriatric Psychiatrist - Dementia Caregiver Resilience Clinic, St. Paul's Hospital

Liz has had a long and varied career in Geriatric Psychiatry. She has worked in the area of dementia care in community, hospital, and long-term care. She has a passion for person and family-centered care. In the past decade, she has been part of developing clinical services that target the needs of dementia care partners as part of the Dementia Caregiver Resilience Clinic at Providence Health Care. Liz is a certified life-coach and meditation teacher and will be pursuing more of this work when she retires from medicine at the end of June.



Elizabeth "Beth" Mcmanus

Social Worker, Providence Health Care

Elizabeth McManus has been a social worker at Providence Health since 2021 and has worked with the Dementia Caregiver Resilience Clinic at St Paul's Hospital for the past 2 years. Prior to this, she worked in case management for newcomers and refugees to Canada. At the Dementia Caregiver Resilience Clinic, through individual sessions and group sessions, she supports caregivers to develop their communications skills, build stronger support networks,





navigate the healthcare system and resources available to them, and augment their self care skills.

Moderator: Sharon Parkes

Healthy Hearing = Healthy Aging: Understanding hearing loss and common best practices for managing hearing health in daily living

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Grace Shyng

*Registered Audiologist and Hearing Instrument Practitioner, UBC Clinical Assistant Professor
Network Hearing Health & Help BC Hear Better Committee*

Grace Shyng is a Registered Audiologist and Hearing Instrument Practitioner in BC, and a Clinical Assistant Professor with the UBC School of Audiology and Speech Sciences. She is the co-founder and Director of Audiology at Network Hearing Health, a comprehensive audiology private practice in Port Coquitlam BC. Grace has over 30 years of clinical experience and has worked in many different roles, including Clinical Audiologist, Head of Audiology and Executive Director of a non-profit organization.



Her areas of interest include hearing health and aging, amplification, tinnitus management, cerumen (earwax) removal, and communication accessibility. Throughout her career, Grace has actively volunteered and served on many audiology and professional committees. Currently, she is co-chairing the Help BC Hear Better group, an initiative to create a provincial funding program for hearing health services and hearing aids in BC.

Moderator: Ashley Payne





FRIDAY, JUNE 20, 1315 – 1345h

Small Practices, Big Impact: Building Resilience in Dementia Caregivers

LOCATION: BALLROOM 1 & 2

Aaron Yukich

Caregiver Rx Social Prescribing Lead, Family Caregivers of BC

Aaron is passionate about empowering family and friend caregivers and their loved ones to create care plans and support systems that uphold their dignity and sense of autonomy while honouring their unique cultural traditions, belief systems, and lived experiences. He believes it takes a village not only to raise a child but also to provide support and a sense of belonging to everyone who requires care.



Drawing on his training as an end-of-life doula, mindfulness practitioner, and time spent working in hospice care, Aaron encourages caregivers to invite presence, self-reflection, and meaning-making into their caregiving relationships.

In his free time, Aaron is an avid nature and landscape photographer and can be found scrambling along rocky shorelines or peering curiously at tiny insects. He is also a self-professed cat dad to Maya and Raul.





Dr. Elisabeth Drance

Geriatric Psychiatrist - Dementia Caregiver Resilience Clinic, St. Paul's Hospital

Liz has had a long and varied career in Geriatric Psychiatry. She has worked in the area of dementia care in community, hospital, and long-term care. She has a passion for person and family-centered care.

In the past decade, she has been part of developing clinical services that target the needs of dementia care partners as part of the Dementia Caregiver Resilience Clinic at Providence Health Care. Liz is a certified life-coach and meditation teacher and will be pursuing more of this work when she retires from medicine at the end of June.



Moderator: Sharon Parkes

Not Your Mother's Menopause: Insights about Menopause from Younger Women with Ovarian Removal

LOCATION: BREAKOUT ROOM (BALLROOM 3)

Lucy Muir

Graduate Student, Einstein Lab, University of Toronto





Lucy is a PhD student at the Einstein Lab in the Psychology Department at the University of Toronto. She completed an Honours B.A. in Psychology at Toronto Metropolitan University where she developed a passion for biopsychosocial research on sex, gender, and aging.

Lucy is now nurturing that passion with her graduate studies. Her research explores menopause as a biological, psychological, and social process, and seeks to understand the complex ways that menopause may influence cognitive health.



Moderator: Ashley Payne

