



## Home for Us Weekly Update - April 17, 2020

*Home for Us* started as an innovation and improvement project to understand the experience of residents, families, and staff. Building on the insights gathered from months of observations, interviews, focus groups, and surveys, we are now in the next phase of **Megamorphosis**. This phase aims to rapidly test ideas from residents, families, and staff to build on the great care that staff currently provide. Building on qualities such as **compassion** and **empathy**, we strive to make sure that **emotional connections matter most, residents direct each moment** and that **home is not just a place, it is a feeling**.

### Meaningful Moment

Inspired by the great work that is done every day at our homes, each week we highlight a meaningful interaction that brings us one step closer to the vision



### Staying Connected During COVID-19 Crisis

Brock Farnhi has introduced a "Well Wishes" mail box at their entrance.

To email a message a resident in any PHC home go to:  
[wellwishesstpaul@providencehealth.bc.ca](mailto:wellwishesstpaul@providencehealth.bc.ca)  
Please give details about who and where the person lives!

**Safe Seniors, Strong Communities** is a new initiative funded by the government in partnership with the Better at Home program, bc211 and community agencies throughout B.C. It matches people who want to help, with the seniors who need help. Residents in LTC can request a phone volunteer from someone in the community. <https://www.seniorsadvocatebc.ca/>

## Learning from the Wisdom of our Residents

### Our residents as citizens

A few of the people that live in our homes were children in 1918. They and many more of our residents grew up in the legacy of that worldwide pandemic that killed millions of people. What can we learn from the resilience of the people we serve that have survived pandemics, war, depressions, and famines?

*What if we asked the residents, who are open to talking about their experiences, about what they learned from the large scale disasters in their lifetime, and what they want to teach younger generations about resilience. Please share what you learn and send to [rsirett@providencehealth.bc.ca](mailto:rsirett@providencehealth.bc.ca) for the weekly update.*

History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

This is Timeless....

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.



## Care for Residents, Families and Staff During COVID19 Crisis

For the health of residents, visitors and staff

**For the best and most up to date information relevant to PHC LTC Staff, Residents and Families please check these resources often:**

### PHC Staff Resource

<http://covid19.providencehealthcare.org/>

### PHC Family Information Resources

<http://www.providencehealthcare.org/ltc-covid19>

### Multilingual COVID19 Resources

<https://digem.med.ubc.ca/covid-19-multilingual-resources/>

## Good News Stories

Finding hope in a time of great moral distress

Check out and share this article about some of the COVID19 success stories in the lower mainland.

<https://www.theglobeandmail.com/canada/british-columbia/article-a-look-at-the-vancouver-area-care-homes-that-are-dealing-well-with/>

## Kudos and Compliments

Inspired by the great work that is done every day at our homes, each week we highlight a meaningful interaction that brings us one step closer to the vision



There are many ways people are receiving kudos these days. E.g. family members at Brock Farhni leave a message for staff at the entrance to the home!

Please keep sending pictures and stories of meaningful moments, kudos and thanks. We need them more than ever for communication with families and encouragement of the superheroes doing the work.

## It Takes A Village

Your help is needed!

**Collecting Meaningful Moments and Kudos and Compliments:** Let's keep sharing our great work to help inspire each other!

Please send me meaningful moments and kudos that you create or witness. Just send a quick email to [cconvery@providencehealth.bc.ca](mailto:cconvery@providencehealth.bc.ca) with your story.