



Home for Us Weekly Update - August 23, 2019

Home for Us started as an innovation and improvement project to understand the residential care experience for residents, family 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, family 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 Moments

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



"Full of Sunshine, Joy and Bubbles!"

Summer is a time to enjoy the outdoors more than usual. We spend so much time inside during the colder months that when the sun comes out and the temperature rises, we're just itching for residents to get some fresh air.

A few Fridays ago, we invited children (aged 18 months to 4 years old) from a local day care to spend time with our residents. The morning was filled with laughter, play, and song. Our music therapist, Lucy Thomas, prepared classic nursery rhymes that both the residents and children sang along to. It was beautiful to witness the residents and children blow bubbles and play with dolls together. It brought so much joy to the residents having the children there and listening to all the cute things they say. To top it off, the rehab assistants brought out popsicles for everyone to share!



We ran into the children and their day care teacher last week while walking around the neighbourhood and they were super excited to see us. They are excited to come back to Langara for more fun and games. We're in the works in trying to make this a regular visit as intergenerational programs can be very beneficial to both parties.

~Stephanie Wickham, RA and Anna Nguyen, OT Langara

Kudos & Compliments

Highlights from the week



Robert's inaugural bus trip to the Dharma Drum Buddhist Temple:

On Wednesday, July 24th, excitement was in the air at Holy Family. Today the Buddhist residents were going on a lunch outing to the Buddhist temple. The excitement was heightened when the residents learned that Robert DelSocorro, a beloved RA, was driving the bus for his very first time. After boarding the bus, Cecilia Moore in spiritual care, led the residents in prayer for a safe trip. Someone quipped that it was a hot summer day so "Robert should have no problem with icebergs on his maiden voyage."



The drive to the temple was smooth and timely. A resident family member, Fay Wong said "This was a fulfilling day for the residents." Everyone enjoyed the cheerful volunteers from the temple who sang a welcoming song as the residents disembarked from the bus. Subsequently, the residents, families, and Holy Family volunteers were invited to participate in Buddhist chant, a 10-course vegetarian lunch, and a stroll to the garden. The monks also invited the residents to pick raspberries and gave each of the residents a bag full of fresh garden vegetables, which included carrots and potatoes. "My mom enjoyed every part of the trip," declared Fay Wong. As Shakespeare said, "All's well that ends well."

Finally, the residents gave Robert a "sitting" ovation when he brought the bus and passengers safely back to Holy Family. All that was missing was for someone to pass the hat for tips.

~ Cecilia Moore, Spiritual Health Practitioner HFH

It Takes a Village...

Your help is needed!

Working Group Members! Please share the information from the weekly update with your teams (at your home, within your discipline, etc.). Previous weekly updates can be found here: <https://bit.ly/2HctSXQ>

Inspiration

Stories to Learn From

Freedom of Sexual Expression: Dementia and Resident Rights in Long Term Care Facilities - Terra Nova Films: <https://bit.ly/320KvfO>

Important Dates

August 30, 2019 11am

Veteran's Candlelight
Tribute

*Brock Fahrni 3rd Floor
Garden weather permitting.
Otherwise 3rd Floor
Multipurpose Room*

**September 14, 2019 10:00-
1:30pm**

Providence in the Park

*Oppenheimer Park on 400
Powell Street*

**September 18, 2019 10:00-
3:30pm**

Talks + Tables

*Van Dusen Botanical
Garden*