



WEBSITE



## Home for Us Weekly Update - September 13, 2019

Home for Us started as an innovation and improvement project to understand the long term 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



On August 29, MSJ invited a few children to spend time with residents. Amongst them were residents' grandchildren and our music therapist's children, who happen to be friends with some of our residents' grandkids. We gathered around for singing, drumming, and balloon tossing. We also shared some snacks and ice cream together.

It was a joy to watch the residents light up and initiate play with the children. One resident who rarely engages with others socially initiated contact with his granddaughter, took her hand and stroked it, and broke into the biggest smile! He even did some drumming with us. Another resident who has minimal movement in his arms lifted his hands and tossed a balloon that a child put in front of him! The children took turns sharing familiar nursery rhymes in Cantonese with the residents, and the residents joined in and sang the children a lullaby at the end.

From the smiles and laughter around the room, it was evident that the kids and the residents both enjoyed their time with each other. We hope to host more intergenerational programs in our home in the future.

-Eva Wong, MSJ Music Therapist

## Kudos & Compliments

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### Highlights from the week

As the rollout of the PHC Clinical Systems Transformation continues to ramp up, the work behind the scenes intensifies. This is a special acknowledgment of **Sandra Miscovic**, **Ellen Guo** and **Ruth Stout** who are providing expertise in LTC, knowledge of electronic systems, and support to our nursing leaders to get this work done!

## It Takes a Village...

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### Your help is needed!

**Artworks Coming to Each Home Once a Week** Our amazing Team of Art Program Coordinators is busy purchasing supplies and developing their program in preparation for the introduction of their new programming at each of your homes! Amber, Paddi, and Zana will be coming to each PHC residence for a “soft unveiling” during the week of September 16 and they will officially start their new Art Programs during the week of September 23!

Registration for the **79<sup>th</sup> Annual Conference on Addictions and Mental Health: Caring for Ourselves and Others** is now opened! The conference is hosted by the Catholic Health Association of BC and is a great opportunity to learn of the mental health challenges and the growing use of opioids and narcotics we are facing in our long term care home and hospitals. The conference is on Thursday, September 19, 2019, and details and registration form can be found here: <https://www.chabc.bc.ca/>



CATHOLIC HEALTH  
ASSOCIATION OF BC

## Inspiration

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### Stories to Learn From

**Civic participation of older adults: Beyond volunteering** McMaster University McMaster University's Optimal Aging Portal has collected a series of resources on the topic, including suggestions on ways for older adults to become involved in their communities and research regarding the most effective ways to assist older adults with their social needs. While focused on well seniors living independently, what ideas does this work generate for those living in our homes?

<https://www.mcmasteroptimalaging.org/blog/detail/blog/2019/07/31/civic-participation-of-older-adults-beyond-volunteering>

## Important Dates

**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 \(Click for more information\)](#)

*Van Dusen Botanical  
Garden*

**September 19, 2019 9:30-3:15 pm**

[Catholic Health Association of BC Annual Conference](#)  
(Click for more info)

Executive Plaza, Coquitlam