

Residential Care for Me Weekly Update - May 31, 2019

Residential Care for Me 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



“Do re mi, mi re do”

He may forget what he had for breakfast, or what was on the television last night, but he will never forget the lyrics to all his favourite songs. I always wonder how many precious lyrics and songs he kept in his head, there must be hundreds! Siu Foo Lee is a very special resident here who completely transforms when he sings. He walks a little faster, almost as if he were waltzing, and his eyes lighten up just a little bit more. Today he is singing one of his favourites, “sol fa mi sol do re mi...” His eyes close while his hands wave around as if he were conducting, never missing a note. It is fascinating to see Siu Foo in his world, and the way he embraces music the way it does him. “Every time I feel very happy when I sing, music allows me to forget about my sorrows just a little longer!” he says with a big grin on his face.

~Angela Wan, Music Therapist, Brock Fahrni

Kudos & Compliments

Highlights from the week

Family Council hosts staff appreciation for Langara: On May 24th St. Vincent’s Langara team were treated with a Staff Appreciation hosted by the Family Council. Staff members were touched by the efforts of the family council, where they were treated with all sorts of treats ranging from yummy home made goods, snacks and of course cake as a way to thank staff for their care and compassion. The council made it extra special in conveying their appreciation in a wall size message as well as a staff appreciation banner, and even had raffle prizes for staff. This appreciation event started at 2 pm in the afternoon for our day staff where family council



members stayed until past 7pm. Staff were affected by this kind gesture as they felt valued and acknowledged for their commitment in serving and caring for our residents. Thank you to all the family members in contributing to this thoughtful event.

Congratulations!...Following from last week's post about the long service awards ceremony and the Meuser Award, this week, we want to highlight another special award from the ceremony. A huge congratulations to Gariel Mikkelson - RCA at Brock Fahrni - for winning one of the individual Mission Awards. The Mission Awards recognize those who truly represent how we continue to live the mission and values of the Sisters who founded our organization. Well-deserved, Gariel!



Congratulations as well to all of the staff who received their 25+ year long service awards at the awards ceremony. You can watch the the award videos for Gariel and Jo-Ann here:

- Gariel Mikkelson: <https://youtu.be/arevM31y3nw>
- Jo-Ann Tait: https://youtu.be/SY28_fsGDas

In the Media: Rae Johnson (site leader at Holy Family Residence) is on an upcoming episode of "White Coat, Black Art", a CBC podcast hosted by Dr. Brian Goldman. The story talks about overdose survivors and Rae speaks about the challenges of supporting this younger demographic in our long-term care homes, which have traditionally served a much older population. You can read about the podcast here: <https://bit.ly/2MoM1p0> Part one of the series aired this weekend on the radio. The second part of the Radio series featuring Rae airs next week.

About White Coat, Black Art; AIR TIMES; CBC Radio One

Saturdays 1:05 p.m.(1:35 p.m. NL); Sunday: 6:30 p.m. ET., 7:30 p.m. AT., 8:00 p.m. NL.

Out and About: Jo-Ann Tait spoke on a panel at the BC Care Providers Conference this past week on the topic of *Supporting Quality of Life: Future Trends + Promising Approaches*. The panel spoke to everything from why the future of care includes supports for family caregivers, why we need to work on how we support LBGTQ+ seniors and Jo-Ann spoke about how to start a "Megamorphosis" in Long-Term Care to develop spaces and cultures in which we, ourselves, would like to live.

It Takes a Village...

Your help is needed!

Do you need funding for your innovative idea in aging + brain health? The Centre for Aging + Brain Health Innovation (CABHI) has officially launched the 2019 Spark Program. CABHI is inviting point-of-care staff to accelerate their ideas into innovations that can improve the lives of older adults, persons with dementia and their care partners. The Spark program provides **up to \$50,000 (CAD)** in project funding over 12 months that can be used to develop and refine early stage solutions or to adapt and test a commercially available solution in a seniors' care environment. Two projects in our program have previously benefited from this grant: the prototyping of **IlluminAid** (in partnership with the Emily Carr Health Design Lab) and the **Cover and Comfort Wrap**. To learn more about this opportunity, you can visit: <https://www.cabhi.com/2019-spark-program-call/> The deadline is July 5, 2019.

Calling All Artists! We have an opportunity to design our own hand sanitizer dispenser covers! This will be a contest to create a more home-like, less institutional cover. Designs will be accepted from all homes and from anyone - residents, staff or families. The winning design will be voted on by residents, staff and families. You can email shardern@providencehealth.bc.ca for the template or to submit your artwork.

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

Is Bathing Still a Battle?: Here is an article about....<https://bit.ly/2MoWfWm> Those who are interested can contact Kim Smith to discuss and access Bathing Without a Battle resources.

An Innovative Idea from the UK...



OSA Research Rounds: Every month, the Office of the Seniors Advocate publishes a compendium of research, publications, commentary and events about seniors in British Columbia and beyond. Here is the link to May's Research Rounds: <https://bit.ly/2WhfkOF>

Important Dates

June 4, 2019: 1400-1500

HFH Megamorphosis sustainment meeting - *All HFH residents, family and staff welcome!*

HFH North Wing

June 6, 2019: 1400-1500

MSJ Micromorphosis meeting - *All MSJ residents, family and staff welcome!*

MSJ Main Dining Room

June 7, 2019: 0800-1000

Residential Care for Me Working Group Meeting

Youville, 6th Floor