Seniors & Long-term Care

Thank you!

St. Paul’s Foundation is honoured to represent and raise funds for each care home operated by Providence Health Care (PHC). We thank you for your support as we work together to make the lives of your family members the best it can be, especially during this unprecedented health crisis we are all facing together.

We recognize due to COVID-19 that this is an exceptional time of change for you and our communities. We know how difficult this time has been on family members missing the closeness of contact with their loved ones.

Since COVID-19 surfaced, PHC has been at the heart of the crisis. Our dedicated health professionals and care providers have worked tirelessly and courageously to ensure everyone receives the care, comfort, and support they need during this pandemic.

COVID-19 has been especially challenging for our homes and has changed our everyday lives. Our care providers responded rapidly to heighten operations, implement new safety protocols, and enhance cleaning and infection control measures - all with a focus of doing everything possible to minimize risks and ensure the health and safety of our residents. The compassionate care we are known for matters more than ever, and we appreciate that you are helping to support this important work. In these exceptional times, we extend our most heartfelt gratitude to you and your family.

“We are truly humbled and grateful for the outpouring of compassion, connection, and financial generosity demonstrated by donors during this unprecedented time. It has allowed us to continue to help people who live and work in our homes to feel supported, appreciated, and cared for during the COVID-19 pandemic. Thank you”.

- Deb Mitchell
  Vice President, Seniors Care, PHC
Spending time at home during a pandemic

During the past months, we have all been spending most of our time at home. Life has been impacted in a tremendous way, with no visitors allowed. Our long-term care homes have risen to the challenge to connect and engage residents.

St. Vincent’s: Langara

At St. Vincent’s: Langara, staff are having more meaningful one-to-one time with each resident. They are keeping minds sharp by encouraging residents to solve a riddle, which is posted daily on a white board. They are also using iPads for virtual visits, keeping residents connected to their families. In turn, families are reassured their loved ones are comfortable in their home and staying well.

St. Vincent’s: Brock Fahrni

At St. Vincent’s: Brock Fahrni, not only do residents stay connected to their loved ones using iPads, but in-person visits also take place through a large window. Families and residents gather with excitement while talking by phone and seeing their loved ones just a few feet away. A box at the entrance allows families to drop off their well wishes such as cards and notes, which has given everyone a chance to express their love and continue to feel close to one another.

Holy Family Hospital - ECU

Holy Family began a heartwarming version of the 7 pm cheer. Every morning at around 10 o’clock, residents are treated to music and inspirational messages over the PA system.

Rae Johnson, Holy Family’s site leader explains, “It started by wanting to do something special for a resident’s birthday. We were amazed by the positive response from our residents, so we started doing them every day. Some folks read poems or share inspiring thoughts.”

Social engagement is helping to reduce anxiety or fear our seniors may have at this time.

Mount Saint Joseph Hospital - ECU

During this time of physical distancing, donor contributions have helped to support the purchase of tablets that allow MSJ residents to remain connected to their loved ones at a time when personal visits are not possible.

Here’s a great example: when the husband of a resident in our ECU could no longer visit regularly due to the COVID-19 site lockdown, a social worker, Suzana Philip, spoke with him. She discovered that, while he didn’t have a smartphone or tablet, he had the next best thing - a grandson living nearby. The grandson set up a Skype call between the couple. The husband was overjoyed at seeing his wife for the first time in weeks. Although his wife cannot communicate verbally, her eyes sparkled as she listened to her husband’s voice. It was magical!

Youville Residence

At Youville Residence, staff ensured family and friends could visit with their loved one through an open window located at the front door entrance. Family on the outside and their loved one appropriately distant on the inside enjoy conversations, smiles, and virtual hugs. When not together, residents have enjoyed talking and seeing their loved ones through the use of iPads and smart phones, giving everyone a feeling of security and contentment.
Donors gifts at work

Over the past year, with donor support, many important projects, programs, and equipment purchases were made possible. We are grateful to our donors and families who are making a difference in the lives of residents and staff, and are pleased to share some of the highlights with you.

Home for Us - moving forward

Since 2017, PHC care home staff has been implementing the innovative Home for Us strategy and Megamorphosis initiative. The goal is simply to create a warm, home-like environment that reflects our community of seniors.

This journey continues today. Staffs are working with residents to create friendly gathering, dining, and outdoor spaces, and introduce new murals, comfortable furnishings, and personal touches to make the environment more familiar and authentic.

These updates have created a home where the flow of the day is built around what is meaningful and allows for engagement and spontaneity.

Concerts in Care - the gift of music

Our Concerts in Care Program sparks joy! Each month, residents, and their families are treated to a performance by a diverse group of professional musicians.

Few things soothe, engage, and uplift our spirits like the power of music. Research has shown music can manage pain and nausea, reduce anxiety, regulate breathing, and diminish disorientation. It offers a sense of control and minimizes loneliness and boredom.

Our concerts provide rich cultural experiences for those who can no longer attend events outside of their home.
Equipment and Programs - Making Life Better in our Homes

Resident safety and comfort - bath tub

Thanks to kind donor support, two special state-of-the-art bath tubs have been purchased for St. Vincent’s: Brock Fahrni and Holy Family Hospital – ECU. This height-adjustable reclining tub is designed to improve efficiency and make bathing safer for both residents and staff. The tub’s side-entry allows easy access for residents with various degrees of mobility; this means no manual lifting, which alleviates any strain or stress. It also has an important integrated disinfection system which minimizes the risk of cross-infection. To help the resident relax during bath time, the tub is also equipped with a range of features including an air spa, sound system, and coloured lighting to enhance the bathing experience.

Beds and mattresses

With donor support, new beds and mattresses have replaced older ones at St. Vincent’s: Langara and MSJ ECU. The new beds are low to the ground, helping to prevent falls, and the gel technology mattresses reduce shear and bedsores, providing more comfort, especially for our residents with complex health challenges. A better sleep means increased activity throughout the day, brighter moods, enhanced safety, and of course, comfort.

Resident recreation

With donor support, Youville Residence is touching the hearts of our residents, and families through art. Working alongside a local artist, Ann Thorsteinsson, residents have transformed the walls of their home by creating engaging, cheerful murals. The murals brighten the walls and provide an opportunity for connection, sparking memories and thoughtful conversation. As stories and memories are shared, they become part of the mural. Families bring in photos of gardens; residents talk about their favourite fruit; staff remember a resident’s love for a hummingbird; and the artist paints these into the scenes. By revamping uninspired walls, the murals have improved quality of life and reduced stress, bringing even more heart to Youville Residence.

“Donors make such a difference. Their contribution is so much more than a financial one. Our residents benefit in so many positive ways from the variety of projects, equipment, art, and special events that are made possible through the generosity of donors.”

- Jen Selman
Site Leader, Youville Residence

“We are grateful to our donors for helping us purchase priority equipment, like beds and mattresses. It’s our privilege to care for residents, and we thank our donors for their support.”

- Sandra Lee
Site Leader, St. Vincent’s: Langara

Cards bring cheer to MSJ.
Giving to Lights of Hope

Lights of Hope donations support all PHC sites, funding urgently need equipment, life-saving research, community programs, and other essential patient and resident services. Donor contributions to the 2019 Lights of Hope helped raise $3.2 million dollars for Providence Health Care’s greatest needs.

Funding from Lights of Hope supports the Enhanced Patient Care Program (EPC), which provides small grants for initiatives, items, and equipment that enhances patient and resident care and may not otherwise receive funding.

Each of our homes have benefited from the program, with grants that enhance quality of life. St. Paul’s Foundation is honoured to add to the happiness and enjoyment of each resident’s day. A few examples of EPC grants at work include:

St. Vincent’s: Langara:

An outdoor gardening improvement and an art therapy program each give our residents time to socialize and explore their creativity. Also funded were privacy garments that provide dignity as residents move through the site to have a shower or bath.

St. Vincent’s: Brock Fahrni:

Gardening and a music therapy program each give residents an opportunity to engage, enjoy music, and socialize. Also funded were specialized headphones that have improved the quality of life for residents with diminished hearing.

Youville Residence:

An aquarium for therapeutic purposes, outdoor garden enhancements, and an art therapy program has given our residents an opportunity to engage with their surroundings, enhance their creativity, and socialize.

Mount Saint Joseph Hospital - ECU:

Therapeutic rocking chairs for our MSJ ECU residents. These rocking chairs help ease pain, improve mood, and enhance the experience that MSJ ECU delivers to residents.

Holy Family Hospital - ECU:

An artworks therapy program and a cognitive games package has given our residents an opportunity to engage and enhance their creativity, cognitive skills, and physical strength.

EPC funds will continue to make a difference as we all adjust to the "new normal" brought on by COVID-19.
Thank you again!

Your support is vital to providing compassionate care, research, and innovative change.

With your gift today, you can help us continue to keep seniors in our long-term care safe, healthy, engaged, and connected to their loved ones.

If you would like to support long-term care, please mail your gift to St. Paul’s Foundation or give online at donate.helpstpauls.com.

For the seniors and residents we serve, family and staff help to create a real home where meaningful connections can be made, residents feel empowered, and home is not just a place but a feeling.

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Learn more at helpstpauls.com.

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Yes, I will support Seniors & Long-term Care!

I would like to make a donation of:

☐ $100  ☐ $250  ☐ $500  ☐ Other:___________

My gift today is a:

☐ One-time Gift  ☐ Monthly Gift

Supporting Site:

☐ Brock Fahrni  ☐ Langara  ☐ Youville  ☐ Holy Family-ECU
☐ MSJ-ECU  ☐ Other___________

My Personal Information

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To donate by phone or make changes to any of your personal information, please call 604.692.8206 or 1.800.720.2983. Your gift is tax deductible. Charitable Registration No. 11925 7939 RR0001

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donate.helpstpauls.com/long-term-care
Find out more: helpstpauls.com

About St. Paul’s Foundation

St. Paul’s Foundation raises funds to support compassionate, inspired care at all Providence Health Care hospitals and residences in BC. These sites care for hundreds of thousands of people every year, from neonatal care to palliative care. Today, many of our physicians and researchers are world leaders in their fields. St. Paul’s Foundation—and a long line of generous and caring people in our community—have made that possible.