



The **CONNECTIONS NEWSLETTER** is a collaboration between residents, families, and staff that aims to create connections across the Long-Term Care and Assisted Living community within Vancouver Coastal Health. It is an opportunity to share meaningful stories and celebrate what makes long-term care and assisted living special, bringing to reality the spirit of living meaningfully in community with dignity, connection and well-being.

If you want to subscribe to receive a digital copy of the Connections Newsletter, share feedback, or request your home and/or your story be shared next, please send an email to:

VCH-LTC-Connections@vch.ca



GETTING TO KNOW THE COMMUNITY

Home Profile: Berkley Care Centre in North Vancouver



Opened in 1998 and home to 189 residents, Berkley Care Centre is a long-term care home located off Mt. Seymour Parkway in North Vancouver. Surrounded by greenery, nature is an important part of the resident experience. This includes the Adopt-a-Pot Gardening Program where residents, families, and staff are invited to maintain a pot, to be planted/nurtured per the wishes of the adoptee. Additionally, Berkley is home to five beautiful enclosed outdoor spaces where a variety of agriculture blossoms, including

over 50 species of peppers grown by a single resident! Staff also work to provide person-centred care as core to the culture at Berkley. The Recreation team takes the time to learn the interests of residents and tailors activities to match. Residents are supported to celebrate holidays and cultural events that are meaningful to them. With community organized financial support, original works of First Nations and Persian/Iranian art were donated to be permanently displayed for all to enjoy at Berkley. Residents were able to participate in Iranian-Indigenous culture-sharing through the giving of this artwork. Currently, residents are celebrating a wide spectrum of culture from St Patrick’s Day to Nowruz celebrations and recognition.

Excitingly this Spring, Berkley will participate in the Cycling Without Age Program again (pictured above). Supported by a non-profit organization, volunteers immerse residents in the thrill of a leisurely bike ride.



FROM THE VOICES OF RESIDENTS

Resident Profiles: What does “meaningful engagement” mean to you?

SHELAGH LEGGATT



BROADWAY LODGE

SHELAGH was born in Ontario and moved to British Columbia at a young age. She has had a heart condition since she was 12 years old, but is feeling great at the age of 87 with a pacemaker! Shelagh is most proud of her time working as a civilian police coordinator at the Riley Park Community Policing Centre as well as being a wonderful mom to her boys and foster mom to many children. Shelagh has a competitive streak and enjoys a healthy game of Bingo on weekends with her fellow residents. Shelagh also has a reputation of being fearless! Shelagh has touched and held snakes, tarantulas, hedgehogs, turtles, parrots, and can't wait for more of her critter friends to come visit!

BOB WILSON



BROADWAY LODGE

BOB is originally from Armstrong, BC, where his father managed a packing house. He had 2 sisters and 1 brother. At a young age, Bob moved out of Armstrong seeking a university education. He has been a lifelong learner and obtained his PhD. Bob studied at the University of British Columbia and University of Washington, later securing a job at Queens University where he worked from 1972–2004! Bob's favorite past-time is going on weekly walks in the neighborhood. The walk between Broadway Lodge and Granville Island is his favorite trail to explore and it's all in his backyard! Bob also enjoys the rooftop garden where he can bask in the sunshine, enjoy the outdoors, and see all the plants flower.

JOANNE MCCARTHY



BROADWAY LODGE

JOANNE was born and raised in Victoria and moved to Germany for 3 years when she married. She was raised in a military family with 2 brothers and 2 sisters. Joanne has 2 children and received over 40 years of education during her career. Joanne's favorite past-time is playing Bingo on Saturdays after lunch. There is always a healthy amount of friendly competition for the winning prize (chocolate)! Joanne also enjoys playing shuffleboard because it's “mentally challenging” where she “plays in teams!” Joanne will also participate in the upcoming Annual Broadway Group Fun Run, where she will have the opportunity to go outside and enjoy the seawall and beautiful gardens. For the Fun Run, Joanne will be provided a power assist wheelchair controlled by a staff member, allowing her to feel safe!



FROM THE VOICES OF RESIDENTS

Resident Profiles: What does “meaningful engagement” mean to you?

BEN SEGHERS



BROADWAY LODGE

BEN is originally from Belgium and moved to Ontario before coming to Vancouver, where he attended UBC for 9 years. Ben studied the behaviour of wild tropical fish and was a passionate zoologist. Ben really enjoys the “Mike’s Critters” program and often is the ‘consultant’ who requests various animals to be featured! He loves animals and enjoys seeing the residents play with toads, parrots, hamsters and more! About 9 years ago, Ben suffered a stroke where he lost his ability to walk independently and speak. With the help of a Music Therapist, he learned to sing again! Ben also worked tirelessly with the Restorative Care Worker and learned to walk again! His hard work and efforts paid off and he would like to share with residents to keep moving and keep singing!

SHANNON SYLVIA



BROADWAY LODGE

SHANNON spent a lot of her adult years working as a Forensic Genealogist in the sunny state of California. She completed her education at BCIT and has one sister who recently moved to Italy. Shannon is a proud mother to her one son, who is a Senior Border Officer. He comes to visit regularly and Shannon is over the moon with all his accomplishments! Growing up with horses most of her life, Shannon enjoys being around animals and looks forward to connecting with “Mike’s Critters” every month. Shannon expressed that it can be “very meaningful” to have animals around!



WHAT’S HAPPENING AT VCH?

OSA - Every Voice Counts (2023) Survey Results

The Office of the Seniors Advocate (OSA) and the Seniors Advocate, Isobel Mackenzie, released the results of the second Every Voice Counts survey conducted across the province in 2022/2023. The first Every Voice Counts survey was conducted more than five years ago in 2016/2017. This time around, almost 11 000 residents and 8000 family members, caregivers, and/or friends submitted responses representing 297 publicly subsidized long-term care homes across the province. OSA collated all the responses and published 66 pages of results and recommendations on their website this past November.

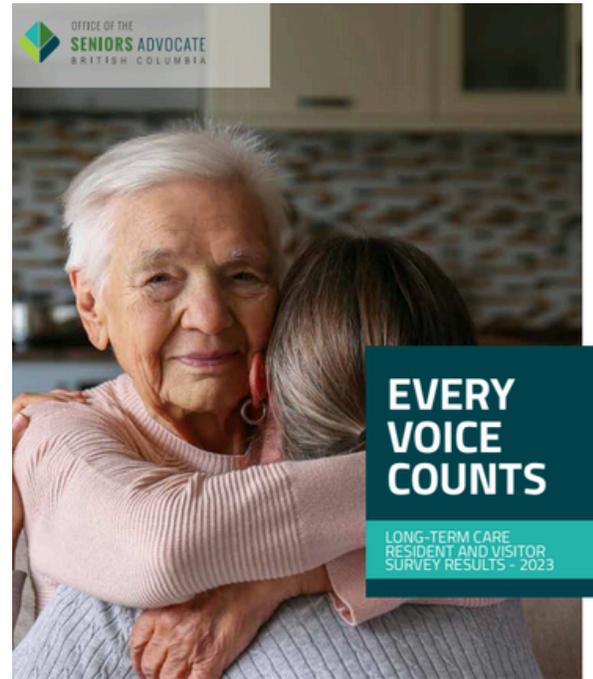


WHAT'S HAPPENING AT VCH?

OSA - Every Voice Counts (2023) Survey Results (continued)

While the survey results show only small improvements in areas such as frequency of bathing, help at mealtimes, and meaningful activities, residents report being satisfied overall and continue to give high marks to long-term care home staff for their skill, compassion and ability to treat residents with respect.

A majority of residents state that they feel safe and that their privacy is respected, however, under 50% consider their care home to provide a “home-like environment.” Residents continue to voice their strong desire for more autonomy, around decision-making, activities, and flexibility in timing of care, including meals, bathing and waking up. See the full report for more on what residents, family members, caregivers, and friends had to say.



Spring 2024 COVID-19 Vaccination Campaign

Occurring from April 8th, 2024 to June 30th, 2024, the Spring 2024 COVID-19 Vaccination Campaign has begun in Long-Term Care and Assisted Living. Residents will be asked whether they would like to consent to receiving an additional booster dose of the COVID-19 vaccine. The protection from infection that COVID-19 vaccines provide decreases over time and this additional dose will ensure people stay protected from the SARS CoV-2 virus that continues to circulate at lower levels.

Additionally, given decreased rates of viral respiratory infections (like influenza and RSV) in the community, the additional infection prevention and control measures implemented in Fall 2023 are no longer required.

That being said, health-care workers will continue to wear appropriate personal protective equipment, such as masks and respirators, in accordance with point-of-care risk assessments.

