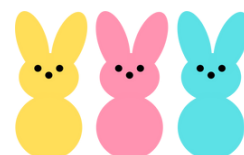




The **CONNECTIONS NEWSLETTER** is a collaboration between residents, families, and staff that aims to create connections across the Long-Term Care and Assisted Living community within Vancouver Coastal Health. It is an opportunity to share meaningful stories and celebrate what makes long-term care and 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: LTC-AL-Connections@vch.ca



GETTING TO KNOW THE COMMUNITY

Home Profile: Youville Residence in Vancouver



Opened in 1979, Youville Residence is a vibrant long-term care home operated by Providence Health Care (PHC), situated in a peaceful setting across from Queen Elizabeth Park in Vancouver. This welcoming community is home to 42 residents, including 21 residents receiving specialized care in a dedicated unit on the second floor. The campus also features an Adult Day Program and Parkview, a tertiary mental health program, and is located adjacent to BC Women's and Children's Hospital.

As a faith-based organization, PHC provides comprehensive multi-faith spiritual care at Youville, deeply rooted in its mission of compassion and healing. Demonstrating PHC's ongoing commitment to truth and reconciliation, a new sacred space under construction, will honor diverse spiritual traditions. Additionally, Youville's partnership with the Montessori Children's Community allows for meaningful intergenerational connections (e.g. participating with residents in recreational activity tables, pictured above) that enrich the lives of the entire community.

PHC and its sister organization, Providence Living, are leading a transformative culture shift in long-term care through their Home for Us (H4U) initiative — a person-centered, mission-driven approach that reimagines care. Together, they are implementing H4U, which replaces rigid institutional routines with relational, flexible care that respects each resident's unique needs and preferences. This innovative model is built on three core principles: emotional connections matter most, home is not a place but a feeling, and residents direct each moment. Research shows that maintaining independence and purpose is vital for healthy aging. When people have agency in their daily decisions, maintain meaningful relationships, and view their care home as truly their home, they experience greater wellbeing and autonomy.

...CONTINUES ON THE NEXT PAGE.



Construction is now underway at Youville on a six-person pilot household that will authentically emulate a true home environment. Staff are receiving specialized training to provide holistic care that supports residents to live with freedom, dignity, and choice — balancing necessary medical support with the equally important social elements that make life meaningful.

This initiative marks PHC's second H4U implementation site, following the successful 2024 opening of Providence Living at The Views in Comox, and represents the first H4U collaboration with Vancouver Coastal Health. Together, these urban and rural pilots will inform best practices for the H4U model that can be implemented throughout current and future long-term care communities. To learn more about this transformative approach to senior care, visit [Providence Living's website](#).



FROM THE VOICES OF RESIDENTS

Resident Profiles: What are some things you want others to know about your hometown and your care home now?

SAM LEE
(left)

ALICE LEE
(right)



LITTLE MOUNTAIN PLACE

SAM (CHONG THAK) and **ALICE (OH LAN)** are siblings who both reside at Little Mountain Place.

In 1974, Sam left his hometown in Mainland China and moved to Toronto. During the World Expo in 1986, Sam moved to Vancouver and Alice and their mother joined shortly after – and all three have lived in Vancouver since. They have three other siblings who live in Australia, Toronto and Mainland China.

Sam misses the traditional foods from Hong Kong and Mainland China, especially the seafood (and eel) that was very tasty back home, while Alice misses the sweet steamed buns – yum! Sam always had a love for food and previously worked as a sous chef at a busy Chinese Restaurant in Vancouver.

Alice misses the native outdoors of China, including the bugs and insects! Alice is a homebody and became the main caretaker for their mom and enjoyed going shopping together and spending time with the family.

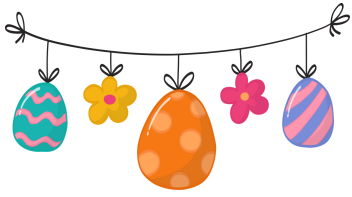
Although they reminisce of the good old days, both Alice and Sam are happy to live together at Little Mountain Place. Alice enjoys bingo and music and often participates in the karaoke and choir sessions. Sam is not as enthusiastic about singing but has agreed to join his sister in the upcoming karaoke classes!

They are also looking forward to Chinese cuisine nights, where there are dim sum and other Chinese dishes offered one or twice a month at Little Mountain Place – a home away from home.



FROM THE VOICES OF RESIDENTS

Resident Profiles: What are some things you want others to know about your hometown and your care home now?



**ONORINO
RUSSOLILLO**



**LITTLE MOUNTAIN
PLACE**

ONORINO was born in 1952 in Naples, Italy. He was the middle child of five children, with two brothers and two sisters. Growing up he loved traditional pizza (with lots of vegetables and no meat) and homemade spaghetti. In Naples, pasta dishes and pizza are very accessible and considered common 'street food' – it was fresh and tasty! Onorino's older brother was the first of his siblings to leave (moving to Montreal) and Onorino followed suit, boarding a ship to sail across the Atlantic Ocean – and after two rough weeks in open water – he landed in Halifax! Onorino spent the next 12 years with his brother and in 1979, he moved to Vancouver where he met his wife, Linda.

They got married and had two daughters who often come to visit. While Onorino wishes there were more fresh fruits and pastas offered at Little Mountain Place, he really enjoys the weekly bus outings where he can get outdoors and visit beautiful places in Vancouver! Recently, Onorino went on a bus outing to Burnaby Mountain, Stanley Park, and Kitsilano Beach! With the weather getting nicer he also hopes to enjoy the outdoor garden at Little Mountain Place.



MARION FERRIER



**LITTLE MOUNTAIN
PLACE**

MARION turned 85 on Easter Sunday (April 20, 2025) and she keeps healthy by exercising three times a week at Little Mountain Place. She enjoys plants and gardening and has many potted plants in her room that she grooms weekly. As a born and raised Vancouverite – Marion was born at Grace Hospital (now known as BC Women's Hospital) – and is the eldest of the children, with her parents being born in Scotland. Her brother lives in Coquitlam and her nieces come to visit often and, believe it or not, Marion is a great-aunt. Marion likes to stay on top of fashion trends and enjoys browsing and shopping for new sweaters!

Once a week she also likes to participate in the bus tours and loves visiting Kitsilano Beach and Burnaby Mountain! Keeping active and engaging in outdoor activities keeps her happy and fit. Marion has a boyfriend named Peter and they met at church eight years ago. Even though Peter does not live at Little Mountain Place, he comes to visit and they speak on the telephone to stay in touch. As the saying goes, distance makes the heart grow fonder!





WHAT'S HAPPENING AT VCH?



Report-Back: Regional Long-Term Care and Assisted Living Strategic Plan

Thank you for participating in our Summer 2024 engagement sessions to help inform future changes and enhancements to long-term care and assisted living. Over 700 residents, families, and caregivers shared their diverse perspectives, providing a rich foundation for our future planning. Below were the top five priorities, based on the responses to each of the three questions we asked.

What matters most in long-term care and assisted living?

- Staff: A well-staffed, compassionate and highly trained team.
- Care: High-quality, person-centred care that fosters independence.
- Quality of life: Support for physical and mental wellness while creating a home-like environment.
- Food: Nutritious, high-quality meals with diverse options.
- Recreation and activities: Programs that engage, including music, outdoor activities, and mental stimulation.

What should change over the next 5 years?

- Staff: Increase staffing levels, support and compensation, and provide ongoing training.
- Building: Upgrade accessibility, amenities, and infrastructure.
- Capacity: Reduce wait times, expand services and streamline transitions.
- Food: Enhance meal quality, diversity and cultural inclusivity.
- Recreation and activities: Enhance outdoor activities, mental stimulation and music programs.

What should stay the same over the next 5 years?

- Staff: Retain caring and consistent staff and maintain their availability.
- Care: Preserve high-quality, timely and person-centered care.
- Building: Keep single and/or private rooms, and maintain accessible, well-designed spaces.
- Recreation and Activities: Continue outdoor recreational activities, music and engaging programs.
- Food: Maintain the current meal quality, variety and culturally appropriate offerings.

Next Steps:

To develop the Regional Long-Term Care and Assisted Living Strategic Plan for 2025–2030, feedback will be combined with Ministry of Health direction, Office of the Seniors Advocate recommendations, Vancouver Coastal Health vision and priorities, as well as the latest research. The strategic plan is set to be released in Spring of 2025.

Thank You for Helping to Shape the Future of Long-Term Care and Assisted Living!