

August 1st, 2023



Dear Families and Friends,

Happy BC Day to one and all! We are so fortunate to live in such a lovely Province with our lakes, rivers, oceans, beaches, and mountains all around us. Surrounded by beauty, we can smile with gratitude for all that we have.

It is a quieter time around the Lodge during the summer, but we are doing our best to take advantage of the summer and the outdoors. We have had the privilege of two summer students, **Colin** and **Johanna**, joining us for eight weeks partially sponsored by **Canada Summer Jobs grants**. They continue to be a blessing to the Lodge supporting summer programs and access

to the outdoors for residents. It truly makes a difference having the extra hands to support residents to get outside to the rooftop garden and out to the False Creek Seawall!

Please read on to find out what is happening at the Lodge through the month of August and plan to join us for some of our special events.

Family Circle – BL Family Council

Our Family Circle is actively seeking support in the form of family members who wish to co-lead the council meetings. We express our sincere thanks to family member Eric Li for his continued support and enthusiasm to facilitate the monthly meetings. We hope that some of you may be inspired by his passion and care and consider joining in sharing the leadership of our important Family Circle.

These meetings are an important venue for family members to come together to share experiences of care, to provide education, and to advocate for your loved ones. The focus of this meeting will be how to continue to develop the Family Circle group.

The next meeting is scheduled for **Thursday, August 24th at 7:00pm**.

[Join the Zoom Meeting:](#)

<https://us02web.zoom.us/j/88966709598?pwd=eE8xZFV1b1VHUm9aK1UvczIEYmpsZz09>

Meeting ID: 889 6670 9598 and Passcode: 964709



Spirit Circle

Lauren Sanders is an Indigenous Spiritual Care Practitioner who demonstrates two-eyed seeing to explore spiritual topics. Two-eyed seeing refers to learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing and learning to use both these eyes together, for the benefit of all. This group offers an opportunity for individuals to examine where they are at in the moment in a safe accepting environment. Every week a new topic of spirituality is explored. The goal of the group is to meet spiritual needs of those of Indigenous heritage and for any residents who are open to learn and explore their emotional and spiritual health. One of our residents said *“choosing a picture that reflected how I felt helped to bring those feelings out and share about them. The group was great, and I am looking forward to the next one.”*

August Special Events

Our sunny August will be a busy one as usual with a range of events. **Mike’s Critters**, always a favourite, returns with a delightful selection of reptiles, bugs, birds, and furry critters on Friday, August 4th at 1:30pm. On Wednesday, August 9th we are so pleased to be taking our gang to the seawall once again for a wheel and a stroll at 9:30am to 11:00am. Our **“Fun Run”** will be the second one this year given the success of the April jaunt. EVERYONE is invited to join in the fun as we take a stroll along False Creek.

The 3rd floor BBQ is on Wednesday, August 2nd at 12:30pm – please contact Fe at 248 for reservations. Fourth floor will celebrate their BBQ on Wednesday, August 23rd – please contact Andii at 248 for reservations. Note that the 4th floor BBQ is trying something different and will be at 5:00pm.

Friday, August 11th there will be a musical performance by Jesse at 1:30pm in the recreation area. On Wednesday, August 16th, we will recognize our **August birthday celebrants** from 1:30-3:00pm on each floor. Then a new adventure will be on Friday, August 18th as we try our hands at a **Sports Day** – watch for more details to be posted! Lastly, the **Spirit Circle** for August will take place on the 24th at 10:30 am. Mark your calendars and join us for any or all these activities as we gather each time as a community to share in fun and adventures!

New Intercoms for Phone System

It has been a long journey to update our phone system with many bumps along the way. Thank you for your patience. The last step is installing a new intercom system at the entrance and garage. These are on order and should be in place by the end of this first week of August.



Taking the music along for a Trishaw bike ride in False Creek.



Press round metal plate to enter during business hours.

Front Door Access

I know I included this in July, but it bears repeating to support access and efficiency for the receptionist! Now that we have removed all the PHO restrictions to access the building, we wish to remind you that you can now enter the building without having to buzz for entry. Instead of using the intercom button, just press the metal plate to the right of the intercom with the blue wheelchair symbol on it. The door will open automatically, and you may enter and sign in before coming through the second set of doors.

This, of course, applies during business hours: Monday – Friday from 8am to 4pm. Evenings and weekends will still require you to buzz the intercom for access.

Staff Recognition – **NEW**: Unreasonable Hospitality Award

As the fall approaches, we begin to prepare for our annual staff appreciation event (scheduled for the end of September). Each year we recognize two staff for outstanding care through the Norma Canlas Award – for a nurse or care aide who has shown excellence in care; and the Outstanding Service Award – which is given to a staff member outside of the nursing department for having shown outstanding dedication and service to residents and the Lodge. Our theme this year is Unreasonable Hospitality.



This year as we pursue a new vision of promoting ‘Unreasonable Hospitality’ among both residents and staff (to understand, see this fantastic TED Talk that has inspired our engagement in unreasonable hospitality actions:

https://www.ted.com/talks/will_guidara_the_secret_ingredients_of_great_hospitality!)

We are seeking **YOUR** input to nominate a staff member whom you have witnessed providing ‘unreasonable hospitality’ to residents or their professional peers. We define hospitality as *friendly and generous welcoming of guests and visitors – in a way that makes them feel at home and well taken care of*. To provide *unreasonable* hospitality is to truly go above and beyond expectations. They may be simple gestures or random acts of kindness, but it is that special feeling that one is left with!

Is there a staff member that repeatedly comes to mind as you read this? We invite you to let us know so that you can help us to select a worthy candidate to receive this year’s recognition award. You may let us know by simply emailing me, dropping the name off at reception to my attention, or completing a compliments/concerns form and dropping it in the suggestion box across from the staff time clock on the main floor (in the administration corridor). Be sure to tell us both who they are and what they did! **The deadline for nominations is Friday, September 1st.**

Renovations Next Steps

We continue to work on the next steps for the refurbishment project. As part of the DementiaAbility initiative discussed last month, we are carefully considering the colours for the floors to ensure they

provide sufficient contrast and colour that is clearly visible to the aging eye. Research tells us that as our eyes age, how we see colour diminishes by three grades. So, more colour is required to ensure visibility/clarity for the viewer. We hope to start the painting in August.



At the same time, the handrails and bumpers on the walls will be replaced on completion of painting. Then the last refurbishment step will be replacement of flooring. After all the hard work is completed, you will see us engaging in even more DementiaAbility influenced decorative and activity focused prompts in the environment. Small steps to positive, big change!

Resident and Family Survey – Office of the Seniors Advocate (OSA)

OSA resident surveys are now complete at the Lodge. Each resident's family and frequent visitors will be invited to participate in the survey for family and frequent visitors of residents living in Long Term Care Homes in British Columbia. In the next 2-3 weeks, you will receive an email from carehomesurvey@malatest.com. The survey for family members includes questions to reflect your unique perspective as a loved one. Of course, completion of the survey is completely voluntary. By completing this survey your voice will inform Isobel Mackenzie's recommendations to improve the quality of life for seniors in our province. We sincerely hope you will elect to complete the survey.

Online Consultation: A Safe Long-Term Care Act

On July 21st, the Government of Canada launched the online consultation to inform the development of a Safe Long-Term Care Act. We encourage you to take the time to voice your opinion through this survey. The 60-day online consultation will invite people, including LTC residents and their families, to share their perspectives and expertise on how to improve the quality and safety of LTC, foster the implementation of the LTC standards, address human resources challenges, and strengthen accountability in the LTC sector. Feedback will help inform the drafting of the legislation.

To share your ideas, complete the online questionnaire [here](#) or send an email to lrc-sld@hc-sc.gc.ca. Alternatively, participants can share their input by sending a letter to:

Home and Long-Term Care Unit, Health Canada

4th floor, Jeanne Mance Building
200 Eglantine Driveway, Tunney's Pasture
Ottawa, Ontario
Canada K1A 0K9

Submissions will close on September 21, 2023. Learn more:

<https://www.canada.ca/en/health-canada/programs/consultation-safe-long-term-care.html>

<https://www.canada.ca/en/health-canada/news/2023/07/government-of-canada-launches-online-consultation-for-the-safe-long-term-care-act.html>

UBC Study Seeks Participants: How Couples Navigate Day to Day

UBC is trying to recruit participants for their study that started in January 2023, where they are aiming to learn more about how couples navigate their day to day and progress on their goals, both together and alone. Given their lab's focus on older adults, their main volunteer criteria is that participants must be 60 years or older.

Here is their website: <https://blogs.ubc.ca/gripstudy/what-does-it-involve/>. UBC researchers are inviting couples to participate in a study on everyday goals and activities. Help UBC researchers better understand how partners can support each other to pursue valued goals. Help UBC researchers better understand how individuals aged 60 years and above progress on their goals and whether partners facilitate each other's goal pursuit.

Who can take part?

- Partners aged 60 or older who live in Canada.

What's involved?

- Online interview (Zoom) sessions and online, brief morning and evening questionnaires for a period of 10 days.
- Receive a \$50 Amazon gift card as a token of appreciation.

If you are interested in participating, email grip@psych.ubc.ca or phone 604-822-3549.

That's all for this month! Please don't forget to consider nominating a staff member for the **Unreasonable Hospitality Award** to be awarded in September. Be sure to tell us both who they are and what they did! (Deadline, Friday, September 1st)

Thank you for your continued support and understanding on our care journey together. I would like to take this moment to wish you a continued healthy and safe summertime.

Warmest Regards,



Rosemary Dunne,
Executive Director

rdunne@broadwaylodge.ca

Direct line: 604-416-4070