

April 4th, 2024



Dear Families and Friends,

The birds are chirping with a celebratory air as spring seems to be peaking around the corner early this year! I love the cherry blossom season, myself! The weather is on our side for now and we move forward with a bright spirit!

This issue comes to you a few days later than normal because we needed to time it with the release of information to staff. Thanks for your patience. Here is the update...

Enhanced Dining Experience Rollout

We are embarking on an exciting journey of change that focuses on quality dining experiences for residents. What does this mean? We are focusing on delivering hot food with choices offered. This is something that we need to improve on in the dining room but especially on delivery of food to the neighborhoods. Changes will start in the main dining room. We will be introducing a beverage cart on April 10th instead of pre-pouring drinks to support choice and, a side benefit, reduce waste. Over time similar actions will be offered for cereals and soups. Lastly, it is our intention to acquire mini SusyQ carts (heated portable meal delivery systems) to serve meals on the floors. This will eliminate tray service and improve on quality – hotter foods, choices offered (based on the day's menu options), aromas in the dining spaces. We want to create an all-around better experience.



Mini SusyQ Cart

The research tells us that in doing this we increase food intake, reduce weight loss, improve hydration and nourishment overall. Residents surveyed say they are happier and enjoy meals more! This is the direction we seek to go to support quality of life for our residents. The process will be done slowly to address challenges and feedback as we implement it. Our goal is to start April 10th. We will continue through September to train staff, transition systems and equipment to facilitate the change.

You recently received a survey about our food services. We would be grateful to hear from you with a completed survey submission to support our plans. Some additional changes include moving the Active Living Program (ALP) – our restorative care program – to the sunroom on the penthouse level. We will repurpose the east areas of the neighbourhoods now to be known as “The Nook” where residents may dine, and families may visit outside of mealtimes.

Every change requires patience and an open mind as we work collaboratively to ensure that how we adjust our program and service offerings continue to meet and exceed resident needs and wishes. We look forward to this positive change. We also appreciate your support and patience as we apply the changes.

Family Circle – BL Family Council

Our Family Circle is actively seeking support in the form of family members who wish to co-lead and guide the council meetings.

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.

Monthly meetings are typically held on the last Thursday of each month. You can count on the announcement coming in this newsletter, on elevator posters, and in an advance email.



April's Family Circle meeting will be held on **Thursday, April 25th at 7pm**. Please use the zoom link below to attend.

The **May** meeting is scheduled a week early to accommodate Andii's vacation, for **Thursday, May 23rd at 7:00pm**.

Join the Zoom Meetings: <https://us02web.zoom.us/j/84943144345>

April/May Special Events

We are looking forward to more outdoor activities with arrival of warmer weather, here are some key events to add to you calendar for the next 2 months.

Wednesday, April 10th we will be hosting our Annual Broadway Group Fun Run from 1:30pm-3:30pm. Programs like this are most successful with the help of families, friends, and volunteers! We will head out as a large group, meeting up with our sister site, Residences for Independent Living Society (RILS), and walk along the False Creek sea wall. If you are interested in joining us for this event, please let Andii (ext. 236) or our recreation staff (248) know as soon as possible so that we can plan accordingly.

Mid month, April 17th, we will celebrate our April birthdays on each floor from 1:30-3:00pm. Mike and his critters will join us on April 19th at 1:15pm in the main dining room. And we will close out the month with Concerts in Care on April 25th at 1:30pm in the main dining room.

Moving on to our **May** special events: On May 3rd at 1:15pm Mike's Critters will be back in with another group of critters, join us in the main dining room to see what he brings this month. We celebrate the all the wonderful women in our lives with a Mother's Day tea on May 8th at 1:30pm in the main dining room. And finish off the month with a birthday celebration for our May Birthdays on May 15th starting at 1:30pm-3:00pm on all floors.

Renovations Wrap up!

We are still awaiting results of our New Horizons for Seniors grant application which will, hoping for a successful grant, impact what we will be able to do to finish the project and add DementiAbility touches. (For more on the DementiAbility model and concepts you can go to <https://dementiability.com>)

The very last step for the project, as noted previously, is the room doors. We are looking from where we will fund this project. The most cost-effective plan is to simply strip and sand with a gloss or matte finish. Stay tuned! And, as always, we welcome your donations to support the funding of this project. Should you wish to make a general or specifically assigned donation, you may [click on this link](#) to do so. *Thank you for considering us as your charity of choice.*

Last Words

We continue to move forward with positive changes at the Lodge and always welcome your feedback for our consideration and follow up. There's always something to make better – we can't sit back and rest. Life teaches us that we stop growing when we stop looking for opportunities to be better.

As we look thoughtfully at a 'protected meal hour' that ensures residents are supported to take their time in the dining experience to enjoy their table mates or visitors' companionship, we are excited to see the positive impact of change while we turn meals into a more pleasant activity for everyone involved.

A note for May – I will not be providing a May newsletter as my vacation overlaps the end of April and start of May. However, I will get my next issue out as quickly as possible on my return!

Wishing you all a warm and happy spring!

Warmest Regards,



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