



Home for Us Weekly Update - November 29, 2019

Home for Us started as an innovation and improvement project to understand the long term care experience for residents, family, and staff. Building on the insights gathered from months of observations, interviews, focus groups, and surveys, we are now in the next phase of “*Megamorphosis*.” This phase aims to rapidly test ideas from residents, family, and staff to build on the great care that staff currently provide. Building on qualities such as *compassion* and *empathy*, we strive to make sure that *emotional connections matter most, residents direct each moment* and that *home is not just a place, it is a feeling*.

Meaningful Moments

Inspired by the great work that is done every day at our homes, each week we highlight a meaningful interaction that brings us one step closer to the vision



The Arts and Crafts Program is a crowd favourite at Langara. The finished products adorn the hallways and walls of the resident's room which brings colour and life to the surrounding areas. Some residents have so many projects on their bedroom walls that we've started a bedside binder to file their past projects.

Apple (Rehabilitation Assistant) shares her experience in facilitating the Arts and Crafts Program that she runs on the first and fifth Thursday of the month: “The simple paper cutting, folding and gluing alleviates their boredom, keeps their minds busy and even helps some battle sadness or loneliness. We play music while we do arts and crafts and it's a really calming time for everyone. I try to make projects match with the season to help with orientation. Recently, we made paper plate faces using fall leaves as the hair. We picked the leaves from our garden and dried them a week prior. The residents enjoyed the activities and appreciated using the beautiful seasonal materials. The activity brings back good memories and gives them a sense of purpose. We shared some stories, movies we liked, and the games we'd played in our childhood. I've learned from the residents that time passes by quickly and to appreciate the little things in life. The meaningful connections we have made during our time together have lifted us up and made us strong.”

~Apple Chen (Rehabilitation Assistant, Langara) and Anna Nguyen (Occupational Therapist, Langara)

Kudos & Compliments



The Meaning of Community

One of the things that you will notice when you enter the doors at St. Vincent's Langara is the large open space of the Atrium and how much light there is. Along the window side there is a large garden that is often accessed during the spring and summer for activities as well as an enjoyable space for visitors and our residents. Residents take part in planting flowers in the Spring and enjoy the blooms of their labour during the summer. There are also barbeques held as well as summer events happening. With the dropping temperatures and weather changes of autumn, the gardens need to be cleaned out for future planting as well as for the preparation of Lights of Langara for the holiday season.

A family member of Antonina Taddei has been helping us with the garden clean up over the past year and really wanted to spruce the area up for the enjoyment of the residents and their visitors. Antonina's son, Ben Taddei and his crew from Con West came together on a cold windy and rainy Saturday and participated in a green overhaul! Workers were spread along the walking pathways, entrance way and in the Atrium gardens and could be seen pruning trees, cutting back shrubbery, raking leaves, weeding and digging. They transformed the garden space with removing an old shed, drilled through and dug up existing cement and later resurfaced the area. The workers even replaced the fence of the Atrium garden. Ben's crew volunteered their full Saturday to contribute to the efforts of providing a nicer space for our residents to enjoy. Family members also got in on the action; some wore garbage bags to stay dry and were out with rakes and shovels helping out where they can. While some residents endured the rain to watch the excitement, many more stayed close by the windows in the Atrium watching the transformation. During all this, one of the Con West's employee who came in with her baby of ten weeks, came in for warmth and saw the grand piano; she asked her colleague to hold her baby and sat down to play a few classical songs for the residents. I watch all these things happen with awe and gratitude and felt very privileged to be part of this Langara community.

A Big Thank You to Ben and the Conwest Group!

~Sandra Lee, Resident Care Manager Langara



It Takes A Village.....

Your help is needed!

Collecting Meaningful Moments: Let's keep sharing our great work to help inspire each other!

Please send me meaningful moments that you create or witness. Just send a quick email to cconvery@providencehealth.bc.ca with your story.

Important Dates

December 05, 2019

Light Up Langara
Celebration

Langara, Atrium

December 06, 2019

Home for Us Working
Group Meeting

Youville, 6th Floor

December 15, 2019

Megamorphosis Community
Gathering

HFH, Stanley Park

