

News & Resources

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VOLUME 1, ISSUE 1

NOVEMBER 1 - 2022

Centre Updates

Hello, and welcome to our first edition of the VCCC Newsletter! Many of you have asked for a newsletter from the Centre so you can keep up-to-date, and we are happy to provide our first edition of VCC News. For anyone who I have yet to meet, my name is Kate Corbett and I am the new Director of Care at the Centre.

I want to send a great big thank you and well wishes to Maxine Alford, our departing Director, as she steps out of the organization into retirement. After over a year as the Centre's Director, Maxine's last day was 15 July, 2022. Again, thanks Maxine and do please enjoy some rest and relaxation, you have certainly earned it.

As I settle into my role you will likely notice some changes at the Centre, and we will do our best to use the newsletter and our Family Council to update you



Our Garden

about changes we are making. Our aim is to virtually publish our newsletter at the beginning of every month, and printouts of the newsletter can be requested at the Centre's reception desk.

I am excited to be able to tell you about all the great work

going on at the Centre and I hope you find the information provided in our first edition to be helpful. In addition to our newsletter, we are also working on changes to our website to better meet the needs of guests, families, volunteers and prospective residents.

In response to one request we heard from families, we have provided an Education section of our newsletter which will provide information on topics identified by families.

As we grow and adapt our newsletter please feel free to provide feedback to us at info@vccsociety.ca. We want to provide useful and timely information so please let us know how we can improve. Happy Autumn! - kate

Family Council Summary

Our Family Council last met on 28 September, 2022. Council members chatted with our new DOC Kate Corbett and welcomed a few new members.

The council discussed several topics, including: creating a home

-like atmosphere, a culturally appropriate way to honour residents who have passed away, plans for ensuring residents are safe and remain warm during cooling weather, advantages of having a newsletter and education the Centre might be able to

provide to families and residents new to our care.

We value everyone who takes the time to participate in the and provide valuable feedback and our next Family Council meeting is scheduled for December 14th.



A great place for
a quiet chat

*Our Garden is looking
wonderful since some
volunteers spent a full
day cleaning it up.*



COVID News and Visiting Info

In view of the recent announcement from the Minister of Health on visitation in long-term care and senior assisted living facilities, we are now able to increase the number of visitors permitted in one room. It is now permissible to have two visitors per room and still be able to ensure proper ventilation and safety for our residents and their families.

We believe this is the best choice for our resident's and staff's safety and appreciate your cooperation in maintaining a limited number of visitors.

Because regulations related to COVID visitations have changed a number of times in recent months we would like to provide a few reminders for anyone wishing to visit the Centre.

Visitation reminders:

- All visitors must show proof of vaccination except: children under the age of 12, those with a medical exemption, and compassionate visits for end-of-life support
- All visitors must be screened before they are permitted indoors.
- All visitors, over the age of 12, must take a rapid antigen test before visiting a long-term care facility.
- Visitors can take a test at home up to 48 hours before their visit, or take a test on arrival at the facility.
- Anyone attending compassionate visits related to end-of-life do not have to take a COVID test.
- All visitors are required to follow safety precautions, including screening for symptoms of illness and practicing hand hygiene.
- If you experience any fever, flu like illness or gastrointestinal distress please postpone your visit to the Centre.
- All family members are expected to book/schedule an appointment to visit or accompany a resident out.
- 24 hour notice is required to book/schedule an appointment.
- A mask is required to be worn throughout the period of a visit and are available at the reception desk.

Resident & Family Resources

It is difficult for many of our residents to make it out to medical appointments, and often dental care can drop off the list of priorities. On the island we have a mobile dental hygienist that can be booked for an appointment at the Centre. If you are interested in booking this service for your family member, more information can be found at:

<https://www.wheelyclean.ca/>

As a reminder if you book the mobile hygienist or any mobile services that might come to the Centre please let us know so we

can be sure your family member is prepared for the appointment.

As simple as it sounds, washing your hands is a super important step in the fight against the spread of COVID and other infections. Although this is something we do each and every day we wanted to provide some further information on handwashing to make sure we are all washing long enough and using the proper technique (who knew there was a right way to wash your hands?): <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/hand-washing>

Volunteer News



Our newly maintained garden.

We are very excited to report that we are slowly able to welcome volunteers back to the Centre! During restricted visitation regulations during COVID, many of our volunteers were unable to join us at the Centre.

The start to our volunteers returning began in the early summer when we have had several volunteers come to tend our garden and begin a much needed clean-up. Now thanks to their efforts and the work of our volunteer gardener Deborah, the garden looks beautiful and is slowly coming back to a space that can be used by both families and residents.

We are organizing an end of year choir and instrument recital by local

volunteer musicians and have secured a volunteer photographer to take beautiful pictures of our Centre for the website and our social media accounts.

As we build back our volunteer program we are always looking for more volunteers to assist with our daily morning exercises and afternoon activities. We are also looking for a piano player or two who might be available to provide a bit of live music.

If you or anyone you know is interested in volunteering at the Centre please drop us a note at info@vccsociety.ca.

Activity News

Our residents have been busy all autumn creating decorations for the Centre for special holidays. Thanksgiving leaf creations and Halloween pumpkin painting were a big hit and now residents have been working for the past several weeks to prepare for the end of year holidays.

The residents are working on creating decorations for our lobby and for the main lounge for end of year holidays including New Year and Chinese New Year.

Amelia, the Centre's Activity Worker, hosts exercise time and activities every Monday, Wednesday and Thursday. Music therapy is provided by Lesley, our music therapist, on Tuesday and Friday, and the Occupational Therapy Assistant, Kelsea, has our residents playing games and moving about on Fridays. We also now have Mahjong games going Wednesdays, Saturdays and some Sundays with more volunteers and activities in the works for the coming winter months.



Welcome New Residents

Two new residents moved into the Centre in July, Ms. Kam Wong and Ms. Xiu Mei Lai.

Ms. Kam Wong-

Kam likes watching her favourite game show, Wheel of Fortune. She is a long-time, faithful member of the Victoria Chinese Alliance Church.



Ms. Kam Wong

Ms. Xiu Mei Lai-

Mei joins her husband Pui-Keung Wong who has been a VCC resident since last year.

We would like to welcome our new residents and their families to the Centre.

Education—Seniors, Sleep & Dementia

Many of our residents live with dementia. In addition to memory loss, many people living with dementia also experience changes in their sleeping patterns, disruptions to their sleeping schedules, or disturbances in their ability to get a full night's sleep. Below is some important information about sleep, dementia, how they are related and ways to help your loved one living with dementia and struggling to sleep well.

Sleep problems and dementia often go hand-in hand

People diagnosed with dementia often have trouble sleeping. Sleep disturbances may affect up to 25% of people with mild-to-moderate dementia and 50% of people with severe dementia. Sleep disturbances tend to get worse as dementia progresses in severity.

Sleep issues may include excessive sleepiness during the day and insomnia with difficulty falling asleep and staying asleep at night. Frequent awakening during the night and premature morning awakenings are also common. If these are changes you see in your loved one, speak to your family doctor about possible interventions.

A link between sleep and dementia?

When we sleep, our brains store new information and eliminate toxic waste, and our nerve cells communicate and reorganize. Researchers have discovered that the brain has an important role actively discarding our cellular waste, including beta-amyloid protein, which is a metabolic waste product that may form plaque over time. One study suggests that even a single night of sleep deprivation leads to accumulation of beta-amyloid in the brain which may contribute to the development of cognitive problems and risk of dementia.

Did you know?

There are several changes that affect sleep hygiene in people with dementia:

- Changes in the brain affect the “biological clock” that governs the sleep cycle and sleep patterns of daily routines;
- Lack of awareness of cues in the environment such as darkness, quiet and lack of activity that normally signals it is night time;
- Traumatic events early in life may lead to fear of darkness and/or going to bed at night;
- Sensory misinterpretation related to dementia may cause fear (e.g. a curtain blowing against the window or shadows on the wall);
- Dementia can cause disturbing dreams and decrease rapid eye movement which contributes to poor sleeping and premature awakening;
- Daytime or evening napping which can lead to less need to sleep during the night.

Napping and Dementia

Daytime napping among older adults is a normal part of aging. Researchers have found that napping predicted an increased future risk of Alzheimer's dementia, other types of dementias and death.

The researchers also found that once dementia or mild cognitive impairment is diagnosed, the frequency and/or duration of napping accelerates rapidly.

Sun downing

People living with dementia may have problems sleeping or experience increased confusion, anxiety, agitation, pacing and disorientation beginning at dusk and continuing through the night (referred to as sundowning). The exact cause is unknown.

Contributing factors may include:

- Changes in the brain;
- Mental and physical exhaustion at the end of the day;
- Changes in the body's clock (Circadian rhythm);
- A need for less sleep, which is common among older adults;
- Disorientation
- Reduced lighting and increased shadows which may cause people with dementia to become confused and afraid

Supporting Seniors

Healthcare providers are in a unique position to support seniors with dementia who have sleep disturbances. This may include consultation with various members of the healthcare team including Geriatricians, Geriatric Psychiatrists, Nurses, Sleep Medicine Respirologists, Respiratory Therapists, Occupational Therapists, Physiotherapists, Dieticians, Pharmacists and Social Workers.

Staff Changes & Announcements

Andrew MacDonald was promoted the position of Clinical Resource Nurse (CRN) at the beginning of May. In this new role, Andrew is responsible for coordinating and leading care delivery, while ensuring care:

As Clinical Resource Nurse, Andrew will also keep an eye on safety and quality issues for residents and staff as the co-chair of the Occupational Health and Safety Committee. Andrew will also play a key role in the onboarding of new employees and monitoring on-going staff competency.

Andrew has been a member of the Centre's nursing staff for four years and has been a nurse since 2008. We congratulate and welcome Andrew into his new role. For new

hires and veterans, Andrew will be a valuable resource for our care team.

Rowena Ko is officially off on leave as she prepares for her new family addition. We want to thank Rowena for all of her hard work at the Centre, wish her and her family the best of luck. While Rowena is off on leave, a temporary manager will be hired to cover her role. Until a successful candidate is selected to help cover Rowena's role, please forward all concerns to either Andrew or Kate.

Tyler Petersen has joined the VCCC team as our contracted Maintenance Coordinator. Tyler helps implement, manage and maintain a

predictive maintenance schedule that is designed to keep the building safe and working properly. In addition to his technical skills Tyler always has a smile and brings a great attitude and can-do positivity to our Centre. In coming months you will start to notice the many projects Tyler is working on from painting to installing new bathroom faucets. We congratulate and welcome Tyler to his new role.



Tyler Petersen



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OUR MISSION我們的使命

To create a culturally sensitive care community which supports the quality of life for our residents.

為我們的居民，創造一個具有文化敏感性的護理中心，以保障他們的生活品質。

To provide high quality, culturally-sensitive, residential and daycare programs with kindness, consideration and respect in a welcoming home-like setting for seniors of Chinese and other origins.

For more information about our Centre, call

Kate Corbett, Director of Care