



VILLA CATHAY CARE HOME Community News

MARCH, 2019

BUILDING OUR FUTURE TOGETHER

Villa Cathay is excited to announce that during the 2019 Lunar New Year, we launched our **Red Envelope Campaign** to fund-raise for the Rejuvenation Project. We have raised over \$4,000 to-date! Thank you to everyone who supported us to build a new home for our seniors.

If you would like to make a donation towards the **Red Envelope Campaign**, please feel free to make a donation online or drop us a cheque at Villa Cathay!



FAQ For the Move

We understand most family members have some questions about the move this Fall, 2019. So, we collaborated with the Family Council Committee to answer some general questions that we've been hearing.

As such, we will be sending out a total of **three FAQs** from March to May along with the monthly statements to provide additional information about the transition to the new building.



Welcome to the quarterly **Villa Cathay Community Newsletter**. Our primary purpose is to keep families updated all things Villa Cathay.

To that end, every newsletter will begin with an article that is relevant to the well-being of seniors. It is our intent to offer families important information on a variety of issues that will continue to improve the lives of our residents, and seniors in general. We plan to address topics about seniors' health, advocacy, rights and many more.

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FROM: FAMILY COUNCIL

The **Family Council** comprises of family members (and alternate decision-makers) of current and former residents of Villa Cathay who advocate for the residents. Led by a democratically elected Executive Committee, we work collaboratively with staff to continuously improve the care of our loved ones.



All families are encouraged to participate in our community at Villa Cathay. If you are interested in volunteering with us or joining the Family Council, please get in touch with us at families@villacathay.ca.

SENIORS & DENTAL HEALTH

Being a senior is not, in and of itself, the only factor in determining oral health. Some medical conditions, such as arthritis of the fingers, may make brushing or flossing teeth difficult to perform. Some prescription drugs can also negatively affect oral health.



Our diet has a huge impact on the longevity of our teeth. We learned from an early age to avoid sugars because we were told that they cause cavities. That is actually not true! You can have a lot of sugar on your teeth but the sugar will not cause decay, not directly. Instead, the sugar is metabolized by a bacteria that lives in your mouth and produces the acid. This acid dissolves the minerals in your teeth, which may result in a cavity. Fruit is the most common form of dietary sugar.

We are not advocating our seniors avoid fruits. They are essential for our health and well being. So, how do we protect our teeth?

TIPS FOR HEALTHY TEETH

1. Avoid snacking on acidic fruits all day long. Melons and bananas are safe. Other more risky fruits can be enjoyed after each meal, meaning a maximum of three times a day. Minimize the number of times your teeth come in contact with acids.
2. Brushing your teeth right after eating or drinking anything acidic will only wear the softened layer away. Instead, rinse with water and wait at least half an hour before brushing your teeth. Minerals from your saliva will have re-mineralized your teeth by then.
3. Anything that is acidic and hard is especially bad, e.g. eating raisins with almonds together. It is this same fact that makes blueberries so hard on teeth. The acidic skin softens your teeth and the little seeds wear that softened layer away.

Would you be interested in attending a seminar?

Villa Cathay plans to organize seminars for family members in areas such as chronic disease management, community resources, caregivers support and services. Please indicate below which seminar topic(s) will interest you:

- Chronic Disease Seminars, please specify disease: _____
- Caregiver Tips
- Caregiver Wellness Workshop
- Navigating the Residential Health Care System and other community resources
- Others, please specify: _____

Please return the survey via email info@villacathay.ca, or drop off the survey to Villa Cathay Administration Office. Thank you!

USEFUL FACTS

Some seniors experience a diminished sense of taste. And while advancing age impairs the sense of taste naturally, some diseases and some medications can also contribute to a loss of taste. Dentures may also affect the sense of taste. Gum disease is caused by plaque and made worse by food left in teeth, use of tobacco products, poor-fitting bridges and dentures, poor diets, and certain diseases, such as anemia, cancer, and diabetes. This is often a problem for older adults. **Gum disease is a leading cause of tooth loss.**

Darkened teeth are caused, to some extent, by changes in dentin. This is the bone-like tissue that underlies the tooth enamel. Teeth can be darkened by a long life of consuming stain-causing foods and drinks. Root decay is caused by exposure of the tooth root to decay-causing acids. The tooth roots become exposed as gum tissue recedes from the tooth. Roots do not have any enamel to protect them and are more prone to decay than the crown part of the tooth.

Denture-induced stomatitis can result from poorly-fitting dentures, poor dental hygiene, or a buildup of the fungus *Candida albicans*. *Candida albicans* is the inflammation of the issue underlying a denture. Diseases or drugs that affect the immune system can trigger the overgrowth of the fungus *Candida albicans* in the mouth.

CELEBRATING LUNAR NEW YEAR



God of Prosperity came to visit for the Spring Fiesta! Do you recognize her?

Dumpling making with VGH & UBC Hospital Foundation Youth Leadership Team volunteers! Bonus: everyone got to enjoy the yummy dumplings!

DID YOU KNOW

In partnership with the **School of Dentistry at UBC**, Villa Cathay has its own in house dental clinic. Through this program, we are able to offer an exclusive service to our residents, meaning our seniors do not encounter the additional stress of a ride to an external dental office.

Dental services will continue to be available to residents in our new 10-story tower, a purpose-built home. Villa Cathay's Board of Directors and staff are grateful to our friends at UBC for their generosity and support. We are also grateful for the ongoing financial support from our families and donors.

If you think that your loved-one needs dental care, please speak to the floor nurse for more information.

Connect with **Villa Cathay** through our Social Media Channels:

-  Villa Cathay Care Home
-  villacathay
-  villacathayCH

THE ARTIST, PETER & HIS MOM

Many of us know Peter Lee as a regular visitor to Villa Cathay; he came in to see his mom every week, usually on Wednesday, for over 9 years. But some of us also know Peter as one of our most committed volunteers. He is a strong and active advocate for our residents on our Family Council and, more recently, joined our fund raising committee in late 2016.

We were all saddened by the passing of Peter's mom in late 2017. But this didn't diminish his enthusiasm or support for the goals of Villa Cathay: love, dignity and respect. In fact, Peter decided to make a \$20,000 charitable gift to Villa Cathay's rejuvenation project as a way to both remember and honor the memory of his mom, but also to support the ongoing delivery of the same care-focused services that sustained his mom for so long.



Peter learned Chinese painting techniques from his mother, who was herself an outstanding artist in Chinese painting. She donated a beautiful waterfall painting to Villa Cathay which is still displayed the second floor TV room. Peter has also given his own Chinese calligraphy and a horse painting to Villa Cathay. For the past two Chinese New Years, Peter donated hand-drawn animal posters and cards to staff. He plans to continue this well into the future and has joined the Fundraising Committee.

The entire Villa Cathay community is grateful to have been part of your mom's program of care. Families and volunteers are privileged to have a friend like you Peter. Thank you for your support and for your generosity to our family.

Villa Cathay Inaugural Fundraising Dinner

April

28

Mark your calendars! Villa Cathay is hosting our **Inaugural Fundraising Dinner** to fundraise for our rejuvenation project and we'd love for you to join! It's guaranteed to be a night filled with entertainment, lucky raffle draws and Karaoke.

Pink Pearl Chinese Restaurant
Doors Open 6PM, Dinner 7PM
VIP \$128; Regular \$68

Partial charitable tax receipts are available.

To purchase tickets, please email fundraising@villacathay.ca or call 604-215-3533.

