

# VILLA CATHAY CARE HOME

## Community News

OCTOBER, 2019



## Tips to Ease the Transition to a New Home!

It is finally here, the moment we have all been waiting for – the move to the new Villa Cathay 10-storey building. Residents are super excited for the move and we hope you are too! However, just like any transition to a new environment, it may take some time before your loved one settles into the new home. To prepare you and your loved one, we have some tips to share with you to help the transition to the new home be as smooth as possible.

### 1. Communication and Reassurance

- Prepare your loved one mentally and get them excited for their new home! Keep reassuring them that the new environment will have the same feeling of home, with familiar faces, but with a completely new state of the art building and equipment to enhance the care provided to them. Assure them early on that they are in good hands and that everyone cares for them.
- Comfort them and show them visuals of the senior's new home (point them to the building from the outside or show them the building renderings in the lobby).

### 2. Planning Ahead

- Villa Cathay will be providing packing boxes to help the seniors with the move. Discuss with your loved one which items are essential to keep with them at all times so that you can pre-pack some items they do not use on a daily basis. Ask your nursing station for the packing boxes needed for the move.
- Consider seasonal items that may not be currently needed. Bring home items to reduce the amount of items to move on the day of. Dispose of any items that are no longer necessary.

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## GET INVOLVED

We are looking for many volunteers to help with the days of the move. From November 2nd to 16th, if you are available to volunteer to assist other seniors, we'd love to hear from you. Please contact Carmen Lee at 604-215-3533 or email her at [clee@villacathay.ca](mailto:clee@villacathay.ca) for more information.

Connect with **Villa Cathay** for the latest updates:

 Villa Cathay Care Home

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### **3. Plan Which Personal Items to Bring to Decorate your Room**

- Having personal items in your loved one's room gives them a feeling of ownership to the space and makes it more like home for them. We encourage residents to bring personal items like photographs or other small items that are sentimental to them.
- We have also designed the new home to have a memory box outside each of the resident's rooms. The purpose is to allow the residents to recognize their rooms from the outside. At the same time, it will allow our staff to get to know the residents too! The memory box enhances individualized care to every resident.

### **4. Enlist Family Help**

Being surrounded by family members gives seniors a sense of security in a new environment. It will help them feel relieved. During the day of the move, coordinate with other family members to take turns coming in to be with your loved one.

### **5. Post Moving Days**

- The first couple of weeks of adjustment may be more challenging. Make time to visit your senior more often until they feel settled into their new home.
- Encourage your loved one to participate in activities and join their new neighbourhood community. Having more friends in the new environment will allow them to integrate into the new home more quickly.
- The move and new environment may cause residents' behavior to change. Help us to identify any changes in the behaviors of your loved one. Always communicate with our care team as quickly as possible to enhance the care to your loved one. Help and give the team the opportunity to progress in getting to know your loved one. We are here on this journey together.



*Windows give the dining room plenty of natural light, making the dining experience more enjoyable.*



*Each neighbourhood will have their own severy, dining room and nursing station!*

*We thank all families for your support during this time to prepare for the move. We ask families to please understand that our staff is also going through numerous changes. We will do our best in the given resources to minimize any impact and bring about positive changes for your loved one.*

# SUMMER HIGHLIGHTS

Summer 2019 was a hot and fun one! Let's take a look at the resident activities and fundraisers we had in this summer.

## Summer Fiesta

What does Hawaii, Watermelon & Flamingo floaties all have in common?

### Villa Cathay's Summer Fiesta!

In August we brought back the crowd favorite, along with singing, dancing and lots of laughter.



## New Building Team Planning

With their hard hats and steel toe shoes ready, our team visited the new tower to get an idea of what the home will look like and to start the preparations for the upcoming move.



## Enhancing our Culture of Care

Congratulations to Szuchi, Rikki and Deborah for completing your GPA coaching certification to enhance care for dementia individuals. Villa Cathay can now deliver our own training in supporting gentle loving care for our residents.

## Annabelle's Visit

Annabelle Louie 雷安娜 came to visit and sing to our residents. Her "Journey of Love" concert on October 20th will be fundraising for Villa Cathay's Rejuvenation Project!



## Ping Pong for Seniors

In August, we hosted our first Charity Tournament for Villa Cathay – Ping Pong for Seniors. We saw some of British Columbia's highest ranked athletes compete in many nail biting matches. Many of our staff also came out to play in the community ping pong games. We raised \$6,800 at this event to contribute to the Villa Cathay Rejuvenation Project.



## FAMILY COUNCIL

For the second year in a row, Family Council put on an awesome BBQ to show appreciation to staff and volunteers this September at the basketball court across from Villa Cathay. Starting from 9AM, volunteers came to set up the tents, speakers and grills. Close to 200 attendees, including Board members, volunteers, staff, families and residents showed up throughout the day to enjoy hamburgers, hotdogs, and chicken drumsticks. It was a definite team effort from families and staff to bring out all the residents so that they could enjoy this fun outing together. A big thank you to the Family Council team for your tireless effort in preparing all the food and arrangements. We hope everyone had a great time at this community event.



## FLU SHOT REMINDER

With Summer being over, the flu season is shortly going to fall upon us. To protect our vulnerable residents, Villa Cathay follows the provincial health authority mandate that requires all visitors to receive their flu shot, or to wear masks when visiting our residents during the flu season. The official flu season starts from **December 1st to March 31st** of every year. Surgical masks are available at Villa Cathay when needed. Get your flu shot early to safeguard our seniors from the flu!

## DID YOU KNOW

To date, we have raised... **\$2 Million**. (Yay!) However, we're still working towards our goal of \$5 Million and completing the project. Join us today!



### Ways you can support the Villa Cathay Rejuvenation Project

- 1) Donate online at [www.villacathay.ca](http://www.villacathay.ca)
- 2) Sign up to become a monthly donor!
- 3) **Birthday/Wedding/Christmas /Chinese New Year donations** – instead of receiving presents yourself, you can collect donations to support a great cause!
- 4) **Donate securities** - did you know that donating an appreciated investment to a registered charity allows you to receive a tax receipt to reduce your income tax?
- 5) **Organize your own events** – We welcome community partners to organize events to fundraise for Villa Cathay! Our Fundraising team can help support you and setup your event by providing you with marketing materials, our logo, and tax receipts for eligible gifts.
- 6) **Corporate Matching Gifts** – Dedicate Villa Cathay when you make a donation with your company's matching gift program, and double the impact of your donation!
- 7) Mark your calendars. Join us at the **Villa Cathay Fundraising Dinner** that is set for April 18, 2020!

*Thank you to our donor and philanthropist Jack Gin for helping us mark our \$2 Million milestone!*

Send us an email at [fundraising@villacathay.ca](mailto:fundraising@villacathay.ca) or give us a call at 604-215-3533 if you have questions!