

# VILLA CATHAY CARE HOME

## Community News

JULY, 2019



## SENIORS & DEMENTIA CARE

**Dementia** is not a single disease in itself, but a general term to describe symptoms of impairment in memory, communication, and thinking. There are different types of dementia, including Alzheimer's disease, Vascular dementia, Huntington's disease, Parkinson's disease, and others. The diagnosis of dementia can come as a shock not only for the person with dementia, but also for those around them, like family and friends.

The following are some of the many symptoms that a person who suffers from dementia may show:

- **Recent memory loss** - asking the same question repeatedly.
- **Problems communicating** - difficulty with language; forgetting simple words or using the wrong ones.
- **Disorientation** - getting lost on a previously familiar street, for example.
- **Mood changes** - sudden and unexplained changes in outlook or disposition.
- **Personality changes** - perhaps becoming irritable, suspicious or fearful.

### 10 Effective Communication Tips for Dementia Caregivers

People with dementia have a variety of symptoms, which may lead to difficulty expressing thoughts and emotions and challenges understanding others. Here are some ways to help you be successful at communicating with your loved ones who suffer from dementia:

**1. Minimize distractions.** Isolate distractions such as background noise from TV or Radio. Find a place and time to talk when there aren't distractions present.

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### DID YOU KNOW

Villa Cathay is committed to enhance our service to our residents with dementia and their family members. We work closely with the Vancouver Coastal Health Dementia Care Enhancement Initiative to adopt the best new practices, such as the Gentle Persuasive Approach (GPA) to address the unique needs of the individuals with dementia and their family members.

The Dementia Care Enhancement Initiative is a regional project that involves residential care homes around the Vancouver Coastal Health region. The overall goal is to ensure dementia care best practices are observed in all care homes.

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**2. Speak clearly and naturally in a warm and calm voice.** Be aware of speed and clarity. Use a gentle and relaxed tone—a lower pitch is more calming.

**3. Identify yourself and refer to other people by their names.** Avoid pronouns like “he,” “she,” and “they” during your conversation. For example, say “Hi, Grandma. It’s John,” rather than, “Hi! It’s me!”

**4. Talk about one thing at a time.** Multi-thread conversation or long stories can be overwhelming. Use short, simple words and sentences, and only talk about one thing at a time.

**5. Limit questions and describe the action.** Say, “Your dinner is ready now. Please come here,” instead of asking, “Do you want dinner now?”

**6. Have patience.** Give your loved one extra time to process what you say. Allow them ample time to respond. Don’t let frustration get the better of you.

**7. Respect personal space.** Just like you don’t want people up in your face, remember that they need space just like you. Allow them to feel more in control of the situation.

**8. Be respectful.** Remember to treat a person with dementia with dignity and respect. Don’t talk about them as if they are not there or don’t understand what you are saying.

**9. Be careful with your body language.** Make eye-level contact and match your body language with your words. Make use of non-verbal cues and gestures.

**10. Smile, laugh and use your sense of humor.** Humor can bring you closer to your loved one, and relieve the pressure. Laughter is contagious and your loved one would for sure love a good belly laugh!

## PETTING ZOO VISIT!

We invited **Lion & Lamb Farm** to visit our seniors - turning our home into a mini farm. Pets included rabbits, chicks and a miniature dwarf goat! The seniors had fun petting and holding the animals.



## FROM: FAMILY COUNCIL



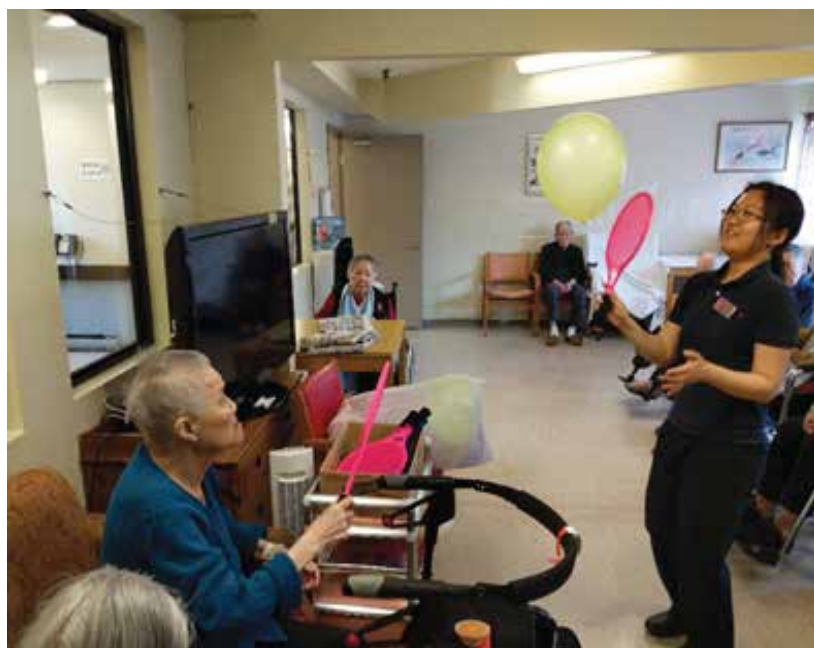
In celebration of BC Senior Week (which occurs on the first week of June every year), Family Council collaborated with the wonderful Windermere Secondary School students to host the second Family Fun Day on June 9th. Residents had the opportunity to play games like bowling and fishing, try delicious snacks and win prizes! The smile on these seniors' faces says it all. We want to thank the Windermere students for all the great ideas, energy and time they have dedicated to our seniors.

If you have an idea regarding any future activity that you want to organize for our seniors, please get in touch with us at [families@villacathay.ca](mailto:families@villacathay.ca).

## ANGEL SPARKS NEW EXCITEMENT

Recently, you might have noticed a new young lady who has joined the team at Villa Cathay - Angel Ip, our newest Rehabilitation Assistant, leads the regular exercise program for our seniors. Angel graduated from Capilano University's Rehabilitation program in 2018. It was her desire to help others in this world that led her to take this program.

Her passion in health care originated from her volunteering experience at a long-term care facility. She witnessed the kindness and heart that the staff showed while working with the seniors and it inspired her to try her best to help the seniors enjoy their life, with as much mobility as possible. This job gives her a sense of fulfilment, to care for the seniors, who reminded her so much of her own grandparents.



A new activity designed by Angel - "Balloon Bumping" brings joy to our seniors. Read more about Angel on our website blog at [www.villacathay.ca](http://www.villacathay.ca).

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



Villa Cathay Care Home



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## FUNDRAISING DINNER

Villa Cathay hosted our inaugural fundraising dinner at Pink Pearl Restaurant on April 28 where we raised over \$150,000 in one night. The restaurant was filled with over 500 guests who came to support our initiative to bring a new Villa Cathay Care Home to the community. We felt the energy buzzing in the room as individuals spoke passionately about why senior care matters to them.

Thanks to donors such as yourself, we raised \$1.7 Million for our Rejuvenation Project. Our fundraising goal



is \$5 Million. If you would like donate to the Villa Cathay Rejuvenation Project or would like to know more about naming opportunities in the new home, please contact Carmen or Joey at [fundraising@villacathay.ca](mailto:fundraising@villacathay.ca) or 604-215-3533.

## BUILDING UPDATE

The construction of Phase I of the Villa Cathay Rejuvenation Project is going smoothly. We anticipate Villa Cathay residents can move into the new tower close to the end of this October. The cultural decorations have already gone up!

In the last couple of months, we have been doing a survey to gather families' preferences in the new building and the logistics of the move at the end of this year.

Please contact Carmen Lee at [clee@villacathay.ca](mailto:clee@villacathay.ca) or find her in the administration office before July 31st to complete the survey.



## UPCOMING VILLA CATHAY EVENTS

August

25

### Inaugural Ping Pong for Seniors Charity Tournament

Cash prizes and raffle draws to be won. Come out to enjoy a fun day and exercise!  
Location: Bridgeport Sports Club (11660 Bridgeport Rd, Richmond, BC V6X 1T2)  
Cost: \$40 entry fee to compete, free to spectate. Register online or with Carmen at the administration office.

September

7

### Free Summer BBQ Day

Family Council wants to show their appreciation to the community at Villa Cathay by hosting a free BBQ. There will be hotdogs, burgers and many more! Families and friends are all welcome to come.

Time/Location: 12-4PM | Basketball court on Union & Raymur Ave (across Villa Cathay).  
Please RSVP to [families@villacathay.ca](mailto:families@villacathay.ca) so they can properly prepare the amount of food.

October

18

### Health Talk for Seniors Luncheon

Join this lunch to learn more about Dementia and ways to better your brain health!

Time/Location: 11am-1:30pm at Pink Pearl Chinese Restaurant

Villa Cathay residents & 1 family member can receive complimentary tickets to the event. Additional tickets: \$20 per person. (Seniors 65+ receive free tickets.) Please reserve your tickets with Carmen or Brandon at the administration office.