



Long Term & Continuing Care
Association of Manitoba

L'Association de soins continus
et à long terme du Manitoba

Awards for Excellence Ceremony 2016

The Awards were presented by **Stuart Ellis-Myers “Twitchy”**



Awards for Excellence

Awards for Excellence are given each year by the Long Term & Continuing Care Association of Manitoba to honour the efforts and dedication of outstanding service teams, employees, volunteers and providers who go “above and beyond” to offer care, and services in a variety of care and living settings – for example: Personal Care Homes, Supportive Housing residences, Retirement Residences, (sometimes known as Assisted Living), Adult programs, Community and Seniors resource centres.

The award is open to all staff and volunteers who are engaged in providing care and services to seniors throughout the province of MB.

Judging

An independent panel of judges reviews all of the nominations and selects the award recipients.

Thank you to all who submitted nominations. On behalf of the Long Term & Continuing Care Association of Manitoba, we would like to formally congratulate all of the nominees for their valuable contributions to the lives of residents in Manitoba. By now, all nominees will have received a letter from the Association's Board Chair, recognizing their special achievements. It is quite an honour to be nominated and recognized by your peers and colleagues. Thank you for your continued efforts to provide exceptional care and services that enrich the lives of Manitoba residents.

There are four awards this year. The full details are posted on our website for the first time.

And now...our first award.....



I would like to introduce you to Mike Crosby, Recreation Manager, Jay Boisvert, Rehabilitation Aid and Helen Grant, Recreation Facilitator all from Poseidon Care Centre.

It is with great pleasure that we have the opportunity to share a little about Poseidon Care Centre, Mike, Jay and Helen, their teams and their outstanding innovation in addressing, and raising awareness, and in helping Residents to enhance their lives.

Congratulations to Poseidon Care Centre!

As our population ages, physical activity is regarded as one of the most important contributors to physical and mental health, and quality of life. Regular exercising helps ward off disease and enhance purposeful independence as we age.

Traditional recreation based exercise programs tend to be characterized as light, for example, balloon badminton. Functional Fitness programs are more intense, such as aerobic exercises that are geared to improve muscle strength and range of motion around the joints with a corresponding improvement in the Residents' functional abilities.

Poseidon Care Centre recognized the need for active living and self-determination as part of the person-centered approach. The Recreation Manager, Mike Crosby, took a leadership role to support and enhance Residents' abilities in Activities of Daily Living (ADLs) through participation in the Functional Fitness Program, with an emphasis on the Residents and their individual needs and abilities.

Residents in Long Term Care can spend up to 94% of their time sitting or lying down; therefore there is an urgent need to provide increased and intentional exercise to prevent muscle deterioration. Furthermore, balance, coordination, and strength are central to most Activities of Daily Living and if reduced, can contribute to falls, injuries, and an overall reduction in ability.

It is not a surprise that good muscle strength and balance are often the most important physical performance variables associated with good quality of life for Long Term Care Residents.

Therefore, Functional Fitness Programs were designed to improve strength, coordination, and balance to address the need for Residents to improve their ability in self-care activities and independence in Activities of Daily Living.

Utilizing an interdisciplinary approach within the Home, the Recreation Department worked closely with the Rehabilitation Department, to oversee the exercise programs and monitor each Resident's progress.

Functional Fitness has contributed to successful outcomes which include enhanced function/self-care, reduction in negative affect, increased motivation, improved mobility and increased attention and engagement.

Poseidon's experience was consistent with the literature. For example- Mary (105 years old) is able to maintain her independence and enjoys participating in the group tremendously; Nancy (75 years old) who had a stroke, is now able to write again and can bowl up to 50 feet; John (78 years old) was socially isolated, and has now become engaged and is eating in the main dining room with his peers; Lynn (85 years old) can now stand up with assistance and is able to play shuffle board. As well, Residents who were dependent in their wheelchairs are now independent and are able to propel their wheelchairs on their own.

Promoting self-care through Functional Fitness Programs has been shown to be beneficial in enhancing the well-being of Residents in Long Term Care. Functional Fitness Programs have opened up a new vista for Recreation Departments to have a significant impact on Activities of Daily Living within the Home. Poseidon Care Centre is committed to providing ongoing meaningful and purposeful activity according to each Resident's unique needs, interests, skills and abilities.

Poseidon Care Centre,.....in recognition of your special 'above and beyond' provision of exceptional services, and on behalf of the Long Term & Continuing Care Association of MB, it was an honour to present this Award for Excellence to you.



The second award goes to Holly Morrison who is a volunteer at Minnedosa personal care home. Now let me tell you about Holly.

Loneliness can be devastating to residents in long term care. Because of Holly's career as a Registered Psychiatric Nurse for 42 years and advocate for the mental well-being of others, she knew, even in her early days of Volunteering, that this was an area of great need.

Congratulations to Holly Morrison!

Holly made it her mission to change this cycle of loneliness. She knew that "activity and laughter" was the key, and this is something Holly has in abundance! Her happy and perky personality brings immense joy to the elders every day.

So Holly created the Social Club, offering as she says "growth at any age". The club was born with an initial membership of 5, but with Holly's unbridled enthusiasm, it quickly grew to 14.

Holly plan for the social club was simple but all encompassing! The Social Club, Holly stated, "will provide extra support to the personal care home's activity department in any way possible". The plan includes outings around the community, such as meat draws, legion suppers and many others. The social club also offers to escort residents to medical appointments.

Volunteers offer comfort to distressed elders. Holly feels strongly that the social club provides socialization and stimulation to those who struggle with cognition. When elders have difficulty participating in certain activities, instead, volunteers visit or perhaps read aloud to them. But they don't read just anything. Holly knows it is important to find out about the interests each resident has. If its horses, than she ensures that's the book that is shared. Sometimes, just looking through family photos can stir fond and happy memories for the elders, alleviating distress.

The outcome of Holly's determination was exponential. The residents enjoy the friendly faces of the social club members and the interesting variety of activities and outings. The families have gained sense of comfort knowing their loved ones are experiencing more joy and a sense of belonging.

One family, who lived in the United States, wrote of Holly and the social club. “My husband, Wally, and I observed Holly’s exceptional skills during the years my mother was at the Minnedosa Personal Care Home. Using her long years of experience as a Psychiatric nurse, Holly treated the whole person – not just physically, but also emotionally and cognitively. She has a sincere love and appreciation of elders, and offers warmth, caring, patience and cheer to bring joy, interest, and a feeling of value into their lives. Regardless of the workload and challenges of the day, she treats the residents with care, concern and respect, and was very dedicated to their well-being.

Wally and I reside almost 1400 miles away in Arkansas, USA. Holly brought much fun and socialization into mom’s life encouraging her to talk about and have calls with us here in Arkansas. As time progressed and mom’s physical, memory, and cognitive abilities declined, we found Holly’s support, guidance and resourcefulness invaluable, to learn, understand, and adapt to mom’s challenges and physical limitations. When it became difficult for mom to participate in our daily phone calls, Holly would assist mom on the phone. I began sending daily letters by fax instead and Holly would make it an event, to read mom my letter and point out the funny faces I’d included. Holly helped fill the void in mom’s life that her diminishing ability to participate in activities and lack of social interaction caused.”

But Holly has not stopped there. She knew it was important to guarantee the sustainability of the Social Club and she has taken steps to ensure this.

Holly, in recognition of your special and exceptional ‘above and beyond’ service, and on behalf of the Long Term & Continuing Care Association of MB, it was an honour to present this Award for Excellence to you.

Our third award today goes to The Gardens On Tenth, Board of Directors. David Wiebe – joined us on the stage.

The Gardens on Tenth (formerly Ebenezer Home), is a non-profit charitable organization, that has been in operation since 1962. It provides housing and services for the seniors of the Altona community in four buildings, from independent living to assisted living to supportive housing.

It is operated by the board on behalf of local area churches, and is chaired by David Wiebe. Each church in the Altona area is invited to send a representative to participate on the Board of Directors resulting in 16 churches involved, from Mennonite to Lutheran and United.

The board has implemented many changes through the years as needs at The Gardens on Tenth have evolved. Most recently the board raised funds for a new building and negotiated with Manitoba Housing to make 48 of the 66 suites Rent Geared to Income. The Board put in endless volunteer hours to make the building, which provides independent living with services, a reality. The Gardens opened on May 28, 2015.

There is a high need in any community is to have a range of Housing and Services for seniors. The Gardens on Tenth in Altona provides these options all in one place and works hard to evolve with its tenants/residents. It truly is a place where seniors can 'age in place.' Recently a supervised living program was added to provide extra support and security for people as their needs increase or as they are waiting for the Supportive Housing.

The board provides overall direction as the governing body of The Gardens on Tenth. They appoint the Managing Director; attend regular meetings of the executive, and other board committees. Board members also volunteer at fundraising suppers and for special projects like building raised garden beds.

Community support has been incredible. Most community members have or have had loved ones living at The Gardens on Tenth through the years. They received the backing of the community 8 years ago when the first Supervised Living program was created as a locally funded pilot project and also for the construction of the new building.

Altona and the surrounding communities know that there are good options and resources for parents and grandparents in the local area, but there is something very special about The Gardens on Tenth. The staff are fiercely loyal, and very caring. The kitchen prepares 3 meals a day, available to tenants in all four buildings. The churches in the area sponsor a chaplain for these facilities.

Laurie Schellenberg, Managing director, offers this comment when nominating the board for this award. "This has been a hands-on, hard-working board, averaging 18 members. There is good participation at Board meetings, on committees and in the often requested special 'duties as assigned'. The co-operation of the churches and the board members, be they 'liberal' or 'conservative' has been amazing - - that in of itself is worthy of this award."

Well Laurie, we could not agree with you more, that the Board of Directors of the Gardens on Tenth are truly worthy!!

David, to you and the Board, in recognition of your exceptional services to the community, it was an honour to present this Award for Excellence to you.



Congratulations to The Gardens on Tenth Board of Directors

Our forth Award goes to the residents and staff of Riverwood Square and the students and staff of Henry G. Izatt School for their intergenerational program and the outcome of that program, which is the creation of a song called “Memories are Back Again”

Antoine de Saint-Exupery, born in 1900, was a French writer, poet, aristocrat, journalist, and pioneering aviator. His words, I thought, are appropriate to this project. He said "If you want to build a ship, don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea”

This project was all about a vision, a vision of the endless capacity and immensity of people working together.

It all began when Riverwood Square embarked on an intergenerational project to enhance the lives of seniors, by offering them the opportunity to build relationships in the community and with the younger generation.

At one of the first meetings with school administrators, Peggy Hobson and Mike Pizzi, Mike, who has a musical background, suggested an intergenerational song writing program.

Linda Sherrin, Manager, Riverwood Square said “At the beginning, it seemed like a daunting task as none of us had ever done anything like this before. We decided to work with a small group of seniors as this type of project was intimate; requiring well-formed relationships, and trust.”

The first few meetings were all about the residents and students getting to know one another and getting comfortable enough to have open discussions. Mike led the discussions with conversation starters about music, and best of all, how music influences all of our lives.

Mike then began to play various chords on the guitar, some giving off a more upbeat vibe, some sounding a little bit more serious. The seniors and students offered their opinions about the sounds they liked best or what sound they might like to hear instead. Once they fell upon a progression everyone seemed to like, they began to improvise lyrics; people would just say out loud whatever came to mind, what the song reminded them of, or what the song might be about for them. From there they fed off one another; someone would start with a single line, and then someone else would build upon it. Quite an inspiring process!

Next, the students and seniors were asked to go away and work individually on lyrics. Not knowing what to expect they were surprised when many of the lyrics seemed to fit together. Together they cut and paste the ideas and a song was born!

Next they constructed the band. Alongside the guitar, piano and harmonica were added. Then they added student soloists and a senior soloist along with the Choir from Riverwood Square.

The students began working in the recording studio at school and later at Riverwood where they recorded the solo pieces and group vocals.

And then the party was on! The project culminated in a Launch of the song, where students, seniors, families, teachers, administrators, friends, and media were invited to hear the finished product, celebrate the song and best of all, celebrate the new relationships created.

Linda commented “The success of the project was something we were unsure of when we first set out on this journey. I believe the reason for its enormous success lay in 3 factors:”

- 1) All of the players were committed: administrators and teachers from Henry G. Izatt School, Managers and Directors of Riverwood Square, and most importantly the Students and Seniors.
- 2) The musical backgrounds of those involved brought special gifts to the table, and made the process **just flow**. We didn’t have to stumble through the technical side of things, but rather were able to focus on the vision.
- 3) We were open for the adventure! We were able to just let things evolve.

The unbelievable results proved to them that this type of intergenerational relationship is essential in a senior living setting. It benefits everyone! Combining the intergenerational component with music, seemed to bridge the gap. They knew they were seeing the endless capacity and immensity of what can be accomplished when people share a vision.

And now their song



Memories Are Back Again.m4a

To the staff and residents of Riverwood Square, students and staff of Henry G. Izatt School: The program and the creation of this song, demonstrates that anything is possible when people come together. It was an honour to present this Award for Excellence to you. Congratulations staff and residents of Riverwood Square, students and staff of Henry G. Izatt School



Congratulations to Riverwood Square Residents & Staff & Henry G Izatt School Students & Staff!