



Newsletter

Fall 2015

AUTUMN HOPE

At Baptist Housing, we want our Residents to achieve a sense of vocational clarity.

In the "autumn" season of life, it is easy to lose a sense of worth, having had a workplace to go to or a family to raise for the previous years of our life. What we tend to forget is that the idea of vocation is intended for all of life - including these autumnal years. Whether it's creating new flower boxes for a residence, or doing good in the community like the story described below, we want to encourage our Residents to use their gifts and talents to their maximum capacity. We hope that you can join us in this ministry of seeing every life lived to the full!

I'd also like to take this opportunity to wish you and yours a very happy Thanksgiving. May it be a time of family and gratitude for each of you.

- Howard Johnson, President and CEO •



HELPING OTHERS COME "INN" FROM THE COLD

The wonderful knitting club at Village at Mill Creek in Kelowna (which is comprised of Independent, Assisted and Residential Care Residents) is aiming to put together 50 packages for our neighbours at the Inn From The Cold homeless shelter.

The packages (using our BH sports sacs) will include a hand knit toque and possibly a hand knit scarf from the knitting club. Residents are also being encouraged to donate toothbrushes, toothpaste and bars of soap to make complete packages. An "assembly line party" will take place in early December.

In regards to our goal of 50 toques, so far we already have 5 (10% of our goal)!

Wayne, who works with Inn From the Cold, is excited to receive our packages and indicated that they would be put on the shelter beds at Christmas time so that each person will get a "gift" during the holiday. Isn't that wonderful?

- Kate Dusik, Marketing Manager in Kelowna •

FROM THE BLOG

Caring for Seniors and the Power of Vulnerability by Bethany Mortelliti



Is your version of the ideal caregiver thick-skinned, poised, and efficient?

Often, it is suggested that those in caregiving roles, especially those who are caring for seniors, practice self-care, prioritize boundary setting, and appoint time to relax in order to practice caregiving well.

However, while these practices are extremely important, the caregiving relationship can easily become a harmful parent-child or boss-employee scenario where one party does all the giving and the other does all the receiving. This is where the power of vulnerability comes in.

Vulnerability allows the caregiver to be a proper human being – and not just an efficient machine with whirring motors producing all the right things (with this machine-like imagery, it's no wonder we often talk about “caregiver burnout”)!

Here are some key ways to practice vulnerability as you are caring for seniors:

Admit and own mistakes.

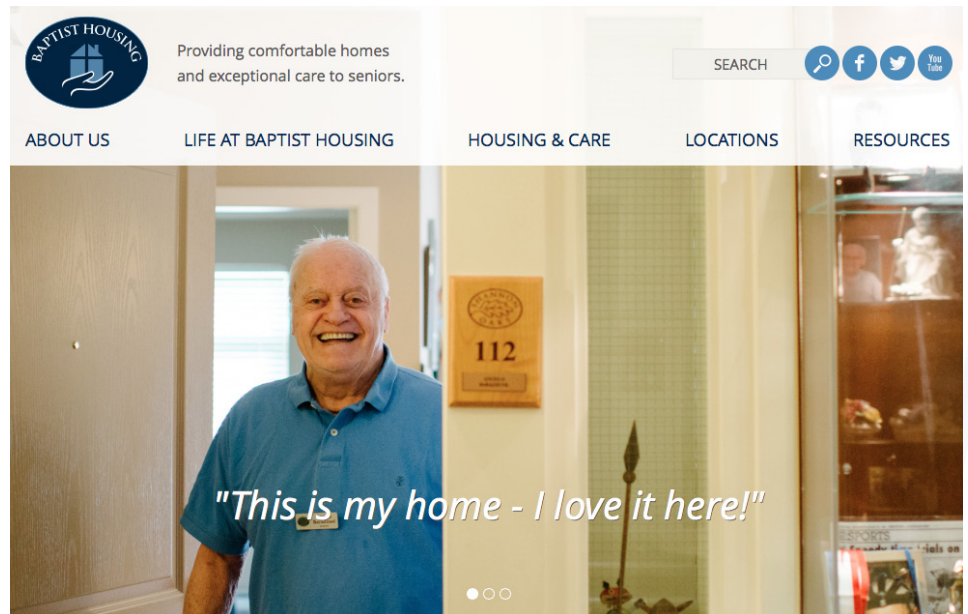
Taking responsibility for unkind words or abrupt actions is not easy but it is necessary. Use words to confess to the senior you are serving that you make mistakes and are sorry for them. Your care receiver may be willing to do the same after they watch you model this behavior.

... get more tips by visiting Baptist Housing's blog at www.baptisthousing.org/news.

NEW WEBSITE

We are excited to have launched a new website!

The new website is a clean update from our previous format and we are excited that it is user-friendly and informative. Visit www.baptisthousing.org to make yourself at home by clicking around and exploring new pages and resources.



One of the most helpful features of the new website is our menu bar, which serves as a guide to understanding Baptist Housing as an organization and allows you to explore options for housing and care for yourself or a loved one.

Here is a quick overview of what each of the menu tabs (pictured at the top of the home page) offers:

ABOUT US - Here you will find a History page with an informative slideshow, information about our partnerships. You will also get to Meet our Team, and Meet our Residents. This is also where you will find our blog!

LIFE AT BAPTIST HOUSING - Here is where you can get a real taste of our goals in caring for you and helping our Residents live life to the fullest. Find out about our wellness philosophy, explore some sample menus and learn about spiritual care.

HOUSING & CARE - Look here for an overview of the four different levels of housing and care we provide. If you're looking for housing or care, this will help you narrow down your options and choose the level you need.

LOCATIONS - Choose a region - Vancouver, Victoria, or Kelowna - and then explore the different residences in each region! Each residence has a detailed page, explained in this newsletter up to your right.

RESOURCES - This is a great place to go for reputable, quality resources to help you navigate aging transitions. ●

New look, same website: www.baptisthousing.org.

WEBSITE HIGHLIGHTS



Established, secure, and equipped to meet all your complex care needs.

Take a look at our new residence pages by visiting www.baptisthousing.org/locations.

These pages have been designed to give you the best possible description of your residence of choice, to help you and your loved one make an informed decision.

Information for each residence includes a list of services and amenities, a neighbourhood map and even a Walk Score, to help you determine accessibility and services.

Finally, virtual tours are available at select residences and some residences also have the option to book a tour. Contact information is available for each residence so that you can get in touch with your questions or concerns. ●



History

Another page to check out is our "History" page at www.baptisthousing.org/history.

This page offers you the story of our development as an organization from the dedication of our founder, Jack Pickford.

You will also find an informative slideshow on this page which gives you a glance at how we grew from one residence to 15 residences offering rental housing, independent living, assisted living and residential care! ●

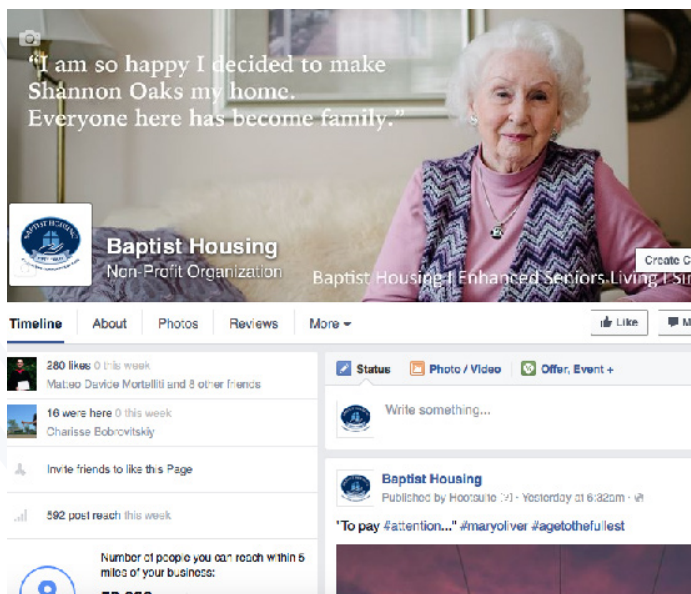


Transition Tips

You might find our "Transition Tips" page helpful as you or your loved one navigate a transition into a different space and stage of life. Check it out at www.baptisthousing.org/transition-tips.

This page is full of advice on planning, moving, decorating, and adjusting yourself and your loved one to a new lifestyle.

You might consider checking out our other resources at: www.baptisthousing.org/resources. ●



JOIN US ON FACEBOOK

Are you a fan of our Facebook page yet?

This is an easy way to keep informed on the life of the community at Baptist Housing. We love to share photos of our Residents having fun at various events, and also to share stories of inspiring Residents who are living life to the full!

Facebook is also a place for us to share news articles highlighting the realities of aging and how our society is responding to these changes. Finally, we love to share inspiring quotes on aging with you every once in a while.

Why not become a fan today? Visit www.facebook.com and search for "Baptist Housing." ●

HAPPENINGS AROUND BC



VANCOUVER

Oct 8 Shannon Oaks is hosting the Philanthropic Educational Organization to talk on housing and care options for seniors

Oct 11 Shannon Oaks is participating in the Seniors' Lifestyle and Table Talks at Van Dusen Gardens

Nov 17 Archway of Excellence Team Recognition event in Vancouver

VICTORIA

Oct 27 Archway of Excellence Team Recognition event in Victoria

Nov 16 The Heights at Mt. View is celebrating its first year anniversary with entertainment and refreshments

KELOWNA

Oct 6 Village at Mill Creek is hosting a Federal Candidates Forum

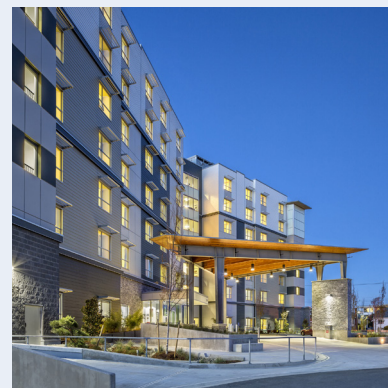
Oct 20 Archway of Excellence Team Recognition event in Kelowna

Towne Hall Healthy Lifestyle Discussions in partnership with UBCO taking place throughout October & November. Check www.baptisthousing.org/events for details.

HAPPY ONE YEAR ANNIVERSARY TO THE HEIGHTS AT MT. VIEW!

The Heights at Mt. View, our stunning 260-bed care residence in Saanich was opened last fall, which means it has been one year since we opened its doors for Residents to come into their new home.

This year has involved a lot of adjustment but our Team Members have worked hard for a great transition for each beloved Resident. Here's to many more years of exceptional care for seniors in BC! •



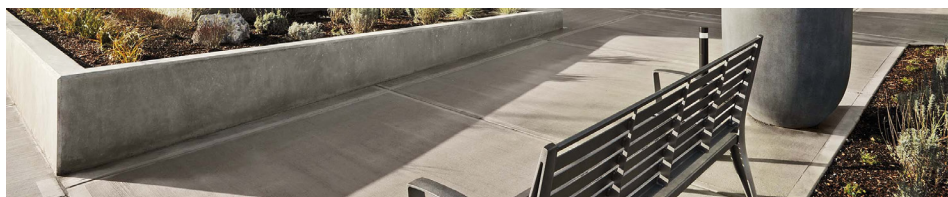
RESEARCH PROJECT UPDATE

Since early 2014, Baptist Housing has been partnering with researchers at the SFU Gerontology Research Centre. This research concerns the transition of Residents from two outdated residences to our new Heights at Mt. View residential care residence, which opened last fall.

Research findings featuring The Heights at Mt. View were recently presented at the International Medical Geography Symposium (IMGS) and summarized the neighbourhood factors of care residences necessary for supported wellbeing.

Baptist Housing's long-time partner, Lark Group, has given \$15,000 in support of this project.

When the evaluation is complete in Spring 2016, there will be an evaluation report, a lay summary, and design guidelines to share at a local level. Baptist Housing is thrilled to be contributing to a future where seniors can age well thanks to leading edge building and care strategies. •



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