



# Newsletter

Spring 2016

## WE LOVE OUR VOLUNTEERS

It is no secret that we love our volunteers. Throughout Baptist Housing, we are blessed to have such an amazing group of people willing to volunteer their time. We even have Residents who volunteer to help fellow Residents. We recently celebrated national Volunteer Week with each of our residences hosting unique and special events to honour the selfless contributions of all our volunteers.

Thinking about becoming a volunteer? The benefits of volunteering may be more than most people realize. Finding a volunteer role that matches your interests and experiences can help you find friends, contribute back to your community, provide an opportunity to learn new skills, and even advance your career.

One of the better-known benefits of volunteering is the impact on the community. The countless hours that unpaid volunteers contribute are often the glue that holds a community together. You connect with others in your community and make it a better place. Even helping out with small tasks can make a real difference to the lives of others and can contribute to the mission of organizations who need additional help. Volunteers often comment to how much personal reward they receive from volunteering, which proves that giving time as a volunteer is a two-way street: it can benefit you as much as the cause you choose to help. •

Photo Top right ; Grandview Towers Residents David and Emily being served by Dina during their volunteer appreciation lunch.



## MEN'S DAY OUT

The men from Shannon Oaks Oak Bay enjoyed a men's day out. The day began with a trip to Victoria Airports Control Tower. A gorgeous day with clear skies and a great view of Victoria's skyline. As much as the ladies would love to join in - these special outings are just for the men. •



## STUFFED AGAIN

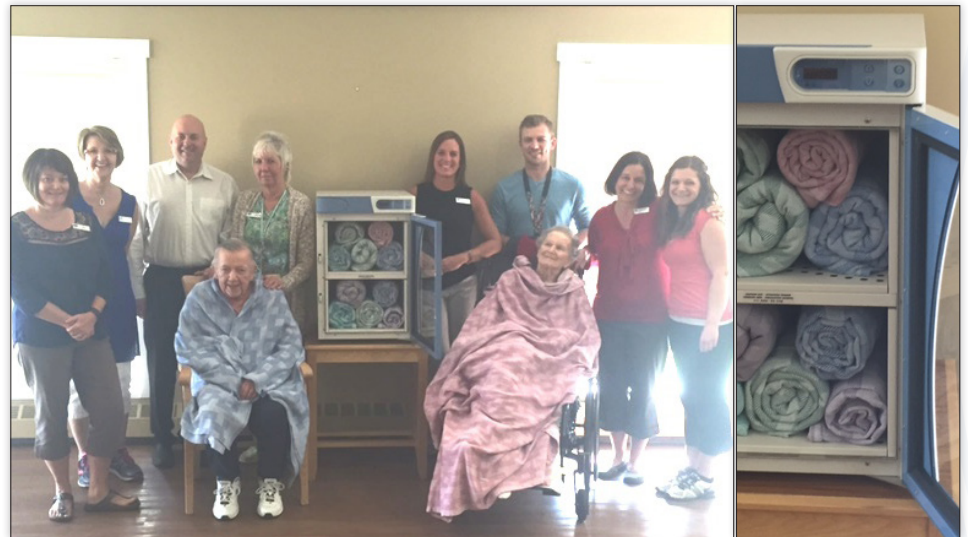
It was another highly successful year for Stuff-the-Bus in Kelowna. Team Members and Residents spent the past few weeks gathering donations in support of Kelowna Gospel Mission. Items were stuffed into the bus at each location and delivered to Kelowna Gospel Mission - we even managed to squeeze in a large stuffed bear to keep our driver Joe company. Can't wait until we do it again next year! ●



## WARM HUGS

Baptist Housing Residents from Village at Smith Creek have been given the gift of warmth with the arrival of a blanket warmer. Normally available only in larger healthcare settings the Team knew Residents would benefit from the comfort a warm blanket could provide. Hugs normally abound at the Village at Smith Creek but now a warm blanket accompanies them.

Community and family members who recognized the comfort a blanket warmer could provide generously supported the Village at Smith Creek Team's fundraising efforts. Over the past year the Team held bake sales, garage sales, plant sales and more to raise funds for this very expensive piece of equipment. When a supplier discount was about to end a generous community partner, Orchard Ford, stepped in and donated the balance of money needed to purchase the blanket warmer. A huge warm hug to everyone who made this possible ●



## THE CASE OF THE MYSTERY DESSERT

Brenda, one of our housekeepers at Elgin Gardens, has been working on a mystery for some time. Randomly she has found cool drinks or even tasty desserts on her housekeeping cart. The treats mysteriously appear when she isn't looking, and no one seemed to be around. It's like Secret Santa all year long! Well it turns out that Ellen, one of our Residents, is the culprit! She has been blessing Brenda with the treats as a thank you for her service and living our Fun value at the same time. It's always nice to crack a case, and in this situation, it is a lovely testament to hard work and dedication of our housekeeping Team. Our housekeepers develop close and caring relationships with our Residents, and we appreciate their commitment to our mission and values.

And Ellen, thank you for reminding us of the value of recognizing people in a spirit of fun. -Marc Kinna | Team Member ●



## MUSIC & MEMORY

Dementia and other neurological impairments can rob a person of their memory and identity. Music has been proven to help recover memories, stimulate recognition and enhance quality of life.

Baptist Housing has partnered with the University of British Columbia Okanagan (UBC-O) students in Community Service Learning (CSL) and the Sociology of Aging class along with Interior Savings Credit Union to implement a ground-breaking program involving personalized musical experiences that are profoundly improving the lives of Residents under Baptist Housing's care.

Inspired by the 2014 Sundance Film Festival Audience Award-winning documentary *Alive Inside* which documents the transformative power of music, Baptist Housing decided it wanted to pilot the Music & Memory™ program at its three Kelowna campuses that provide residential care.

As documented in the film, the Music & Memory™ program helps people living with dementia and other cognitive and physical challenges to find renewed meaning and connection in their lives. Carefully constructed musical playlists help people living with dementia become happier and more active. The music also comforts, and is used to help foster calm in stressful situations. The proven program results have found that anti-psychotic medications have been reduced, care was easier to administer, Resident anxiety decreases and some Residents who are otherwise non-communicative have begun to verbally engage.

Keen to enhance the lives of Residents living with dementia, Baptist Housing approached UBC-O, who in turn sought the financial partnership of Interior Savings Credit Union. Baptist Housing made both a financial commitment to the project and the environment in which to implement. UBC-O believed the project provided extraordinary, experiential learning opportunities for their students while addressing vital needs in the community.



The final partner to support the program was Interior Savings Credit Union who provided the necessary funding to ensure all of the Residents had the hardware of iPods and headphones for their personalized musical experience.

**Student Experience:** 25 university students, as part of a Sociology of Aging course taught by UBC-O's Dr. Mary Ann Murphy in collaboration with UBC's Community Service Learning Program, were partnered with Residents of three Baptist Housing residences in the Central Okanagan; Village at Smith Creek, Village at Mill Creek and Sun Pointe Village. Students then revisited the Residents over a number of weeks and monitored and recorded the effectiveness of the music selections.

**Next:** Music & Memory will be introduced to Residents living at The Heights at Mt. View. •

(top l-r) Gary Su, UBC-O 4th Year Psychology Student and Village at Mill Creek Resident Bob.

## WALKING CLUB



Last Fall Sun Pointe Village Residents participated in a 'walk n' talk' research program with UBC-O students from the following faculties; nursing, kinesiology and science. When the weather was nice they walked through the surrounding neighbourhoods and regularly took the SPV bus to local walking trails. Now that the weather is turning sunny and warm the walking club is set to lace up their shoes the first week of May. New members always welcome. •

## LOVE, CAKE AND A 10KM RUN



Happy Valentines Day~ love was in the air, including sweethearts Don and Sheila, Residents of Shannon Oaks Vancouver.



Team Members laced up their running shoes for the Victoria Times Colonist 10km run. Well done Craig, Gary, Leslie, Kathy & Maria



Happy Birthday to two beautiful ladies. Lynn (left) of Sun Pointe Village celebrated her 102nd birthday and Helen (right) of Village at Smith Creek turned 100 .

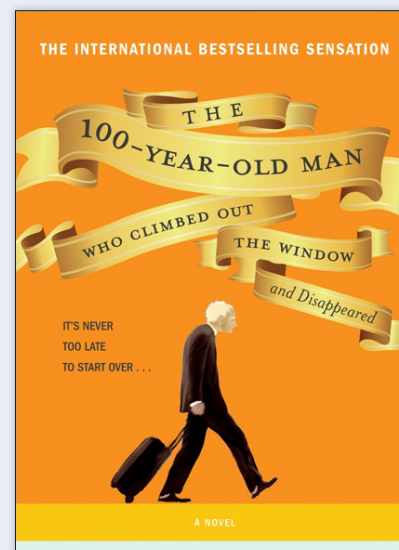


## BOOK CLUB

Residents in Kelowna are reading away and enjoying being members of the newly formed book club. No experience necessary - just a love of books.

This month book club members at Village at Mill Creek are enjoying the highly entertaining story of Allan Karlsson who decides to escape from his 100th birthday party and goes on a wildly unpredictable journey full of escapades and new friendships.

Written by Jonas Jonasson, "The 100-Year-Old Man Who Climbed out the Window and Disappeared" is a great story for anyone of any age. •



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