

FAMILY MEMBER
CARE
NEWSLETTER
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Craft Fair

The Evergreen Heights Craft Fair is a small in-house craft fair and white elephant sale. Some of the tenants will be displaying their handy work and craftsmanship. We also have some outside vendors who are a part of the Evergreen extended family. Items you will find are bracelets, hand knitted dish cloths, baking, candy bags, hand knitted scarfs, Christmas wreaths, little angles, Christmas cards, aprons, and Christmas ornaments.

Please come by and take the opportunity to buy some Christmas presents for friends and family.

11 am - 3 pm
Thurs. Nov 24

Evergreen Heights
1501 Everall
White Rock

Please Provide Us An E-mail Address

If you have received this newsletter in the mail, it means that we do not have your e-mail address. In future, hard copies will only be mailed out to those **primary contacts** who do not have an e-mail address.

If you are listed as an alternate contact, and still wish to receive the newsletters, you must either provide us with an e-mail address or view the newsletters on our website. Please send your e-mail address to: m.lapensee@evergreen-home.com Thank you!



50 YEARS of CARE
1962 - 2012

EVERGREEN BAPTIST

CAMPUS OF CARE

1550 Oxford Street, White Rock, BC V4B 3R5 Phone: 604-536-3344 E-mail: info@evergreen-home.com

Dear Evergreen Families and Friends,

As we near the midway point of November I wanted to bring you an update on a number of items related to our campus.

Thank you

Firstly and most importantly I wanted to thank each of you for your patience as we have all adjusted to new and renovated buildings for our residents and staff, and as we have balanced the reality of working around an ongoing construction demolition project at Evergreen. Week by week we seem to iron out a few more kinks in the function of both The Terraces and The Pointe, but I know we still have a ways to go so I do appreciate your ongoing patience with us.

Construction Update

Most people who have visited Evergreen over the past few weeks will have seen the demolition of our old buildings is well under way. The old B-Wing building has been completely demolished, and the excavator is making its way into the old administration area and then the old C-Wing. We anticipate demolition and the construction of the new parking lot, and park space for residents to be completed by the first week of March. This means we have about 3.5 months more of inconvenience before our project is fully complete and our campus returns to normal. It is safe to say that we are all looking forward to this!

Visiting Hours

A number of guests to our campus have asked recently what our visiting hours are. At Evergreen we encourage visitors to come spend time with their loved ones or friends any time of the day and for that reason we do not set any visiting hours. You are welcome to come visit when it is convenient both for you and your loved one.

Common Areas on Residential Communities

Another question that has come up recently has related to whether or not visitors and residents are free to spend time in all common areas on our residential communities. Residents on each community are free to use any common areas or patios on their floor, in either neighbourhood. The common areas are for the enjoyment of residents and visitors, and we encourage you to use them when visiting.

Parking

There are times when parking can be an issue for visitors. In particular it appears there is high demand on our parking lot between 11am and 2pm most days. Please note if you are unable to find parking in

the Oxford parking lot, or on the street, there is public pay parking at the end of Vine Street (opposite The Terraces entrance) for \$2 per day. I also understand parking is a significant issue at The Pointe. Thank you again for your patience with us as we strive to have our new parking lot and our underground parking lot open in February. We expect parking issues to be a thing of the past at that time.

Associate Chaplain

I am pleased to announce the hiring of a part time Associate Chaplain who will assist our current Chaplain - Pastor Ken in the delivery of spiritual care on our campus. Pastor Loren Stark will commence employment with Evergreen on November 15th. We are very grateful to our chapel community who have chosen to fund the salary for this position through their regular chapel donations.

Thank you again for your patience through a time of significant change on our campus.



Stephen Bennett

Flu Season is Here



The flu is a common respiratory illness that affects millions of Canadians every year. The flu is not a trivial disease and causes more deaths each year than all other vaccine-preventable diseases combined. Getting an annual flu shot can help prevent an infection or reduce the severity of the illness. If you don't have the flu, then you will not pass it on to your loved one. The typical flu season runs from late November to the end of March. EBCC strives to be proactive in the protection of our residents. To meet this goal, we will also provide flu shots to the families of our residents. **Family Flu Clinic will be on Tuesday, Nov. 15 from 1-3 pm** in the Terraces Board Room on the Main Floor. When flu season begins, residents and visitors who did not receive the flu shot will be required to wear a mask (available from Reception) while on Campus.

Recreation Therapy News

"Music therapy can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort -- between demoralization and dignity." -Dr. Oliver Sacks



Music Therapy at Evergreen is an opportunity for residents to engage with others, with their environment and with the pleasure of music itself. Our residents can be seen participating in small groups to encourage connection and sharing, hand chime choirs to develop sense of belonging and for learning something new, one-to-one visits for those unable to leave their bedroom, ukulele bands for an extra fun challenge and lunchtime piano music to add a calming effect during mealtime. Music therapy is defined by the Canadian Association for Music Therapy (CAMT, 1994) as the skillful use of music and musical elements by an Accredited Music Therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. If you have any questions about Music Therapy at Evergreen, please contact the department at h.pattern@evergreen-home.com

Where Can You Find...

Concerns and Compliment Forms - Available at the main reception, and at the Communication Centre on each floor.

Questions About Billing - Contact Michelle at 604-541-3824

If you have **questions regarding care**, please first speak with the care team on the neighbourhoods.

Oxford - 2nd Floor Nurse (604)541-3825

Diamond - 3rd Floor Nurse (604)541-3831

Emerald - 4th Floor Nurse (604)541-3829

Oasis - 5th Floor Nurse (604)541-5085

Vista - 6th Floor Nurse (604)541-5086

Pacific - 7th Floor Nurse (604)541-5087

Summit - 8th Floor Nurse (604)541-5088

Wisteria - 2nd Floor Pointe Nurse (604)541-3846

Magnolia - 3rd Floor Pointe Nurse (604)541-3841

EBCC Mission: Demonstrating God's love, we will provide safe, quality health care that meets the physical, social, mental and spiritual needs of residents in a campus of care community where all can live with dignity.

Christmas Dinner With Loved Ones

Evergreen would like to give family members the opportunity to enjoy a Christmas Dinner with their loved one during the Christmas Season.

In order to participate, families will need to sign-up and purchase their tickets in advance. Because of space constraints, tickets will be limited to two per resident.

The Christmas Dinner will be served on the communities, with residents and guests all sharing the dining room space and common areas.

Terraces—Floor 2, 3 & 4 - Sunday December 11 at 12:00 noon

Pointe—Floors 2 & 3 - Sunday, December 11 at 12:00 noon

Terraces—Floors 5, 6, 7 & 8 - Thursday, December 15 at 5:00 pm

Tickets are \$15.00 each for family members (Limit 2 per resident). Residents are free. Payment must be cash or cheque only, and is due at the time of signing up.

Please sign up for the date of the dinner that is held in the community that your loved one lives on. Sign-up sheets are at the Receptionist on the main floor at 1550 Oxford Street in the Terraces. When you sign up and pay you will receive a ticket that you **must** bring with you to the dinner.

Deadline to sign up is Tuesday, December 6, 2016.

Please note that because of these special Christmas Dinners, we will not provide a meal for guests on Christmas Day.
Thank you for your understanding.

Help Prevent Infections

When visiting Evergreen, please clean your hands when coming into and leaving the care home, the resident's neighbourhood, and the resident's room. It takes **EVERYONE** in our residential community to keep each other safe and healthy in our shared home.

How long should you wash your hands with soap and water?

Follow these simple steps:

- Wet your hands with running water — either warm or cold.
- Apply liquid, bar or powder soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds.
- Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use a towel or your elbow to turn off the faucet.

What about using Hand Sanitizer?

- Put a Loonie-sized amount in your hands
- Rub all areas of your hands for 15 to 20 seconds

Other Ways to Help.....

- Cover your cough and sneeze by using your sleeve, or a tissue. Throw the tissue into the garbage right away and clean your hands.
- If you are sick, do not visit. You are always welcome to call instead to check on your loved one.
- Help your loved one clean their hands before meals and after using the bathroom.
- Be understanding. The person you are visiting might be in good health; however, others may not be.

