

August 2021

Pinegrove Pipeline

Pinegrove Place | 11331 Mellis Drive, Richmond | 604-278-1296 | www.pinegroveplace.com



Celebrating BC Day

The history of British Columbia begins with the First Nations peoples, who have lived and flourished here for thousands of years.

Native art, culture, languages, festivals and history are an important part of B.C.'s cultural make-up. Everywhere you travel, you will see Indigenous names for towns, cities, rivers, lakes, mountains and fjords. Some of these names go back many thousands of years. The city names Nanaimo, Kamloops and Chilliwack, for instance, are all derived from Indigenous words.

British, Spanish, Russian and American explorers began to visit the B.C. area in the 1750s. In the first half of the 19th century, the Hudson's Bay Company expanded to the west of the Rocky Mountains and set up posts for trading fur and other goods. In 1849, Vancouver Island was colonized by the British. Soon after, the Gold Rush attracted tens of thousands of people to the interior of B.C.

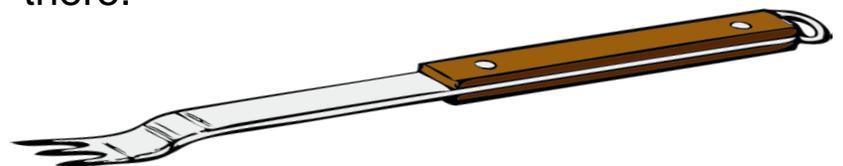
B.C. was a British colony until 1871, when it joined Canada. In 1885, the Canadian Pacific Railway was completed, opening the country from east to west.

Welcome Back

BBQ!



Now that we are allowed to get together again, it's time to party! Please join us on Thursday, August 19th from 4 to 6 pm. This is your opportunity to meet each other and the Pinegrove staff. There will be great music, games, prizes and food available by donation. We will still be required to be outdoors for this event, so please be prepared for the weather. Hope to see you there.



Chaplain's Corner

The Gift of Music

*"My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary."
~ Martin Luther*

This past month, my daughter and I were able to play again on our church's worship team as we finally resumed in-person worship services. What a joy it was to sing and play music together with God's people, lifting our voices as one in praise of our Creator!

Music truly is a gift from God. It offers solace and hope in the midst of uncertainty. It sends love and joy out into the world. It brings people together both in celebration and in sorrow and it keeps them company in isolation. It can stir us to move and it can calm our troubled hearts like a warm blanket wrapped around us on a cold day.

Music uplifts. Music carries. Music accompanies us. Music helps us to remember. When we sing, dance, meditate, worship, reflect and cry we can be healed one note at a time.

We are just beginning to emerge from this long season of quarantining, social distancing and isolation and many of us are still struggling to find our equilibrium in the "new normal" that is still being worked out. Music can be our companion along this journey of rebuilding and re-connecting, helping to care for our spirits as we face the uncertainties of tomorrow.

The invitation this day is to find and listen to the music that fills your soul. Maybe even listen to something new? The psalmist reminds us to *"sing a joyful noise to the Beloved all peoples of the earth! Serve Love with a glad heart! Join hands in the great Dance of Life!"* (Psalm 100 from "Psalms for Praying: An Invitation to Wholeness" by Nan C. Merrill.)

Prayer of Gratitude

Oh, Great Creator and Conductor of Life, we thank you this day for the gift of music. We thank you for the notes and the spaces between the notes. We thank you for the human voice and for musical instruments. May your grace-filled gift of music fill our hearts and restore us. Amen.



Environmental Improvements

Thanks to feedback from residents, family and staff, we are implementing a couple environmental improvements to assist with providing more person centered care. Firstly, we have changed "units" to be more homelike. Unit 1 will now be called the "Fir Neighbourhood", unit 2 will be "Cedar Neighbourhood" and the special care unit will be "Spruce". We took inspiration from our beautiful trees outdoors and chose options you would find in a pine grove. To better differentiate between the neighbourhoods, which will assist with resident orientation, we have also painted each neighbourhood a different colour. Next time you are here for a visit, take a look, let us know what you think.

Environment
Orientation
Wayfinding
SpruceCedarFir
Neighbourhood
Homelike
Pinegrove
Person-Centered

Summer Clothing Wordsearch

How many articles of clothing can you find?



Welcome Sumantha

I am the new Dietitian on-site. I have had the opportunity to meet some of you already but also wanted to send out a virtual hello.

I am a small-town person from New Brunswick, I graduated from Saint Francis Xavier University, Nova Scotia and completed my internship in the YUKON.

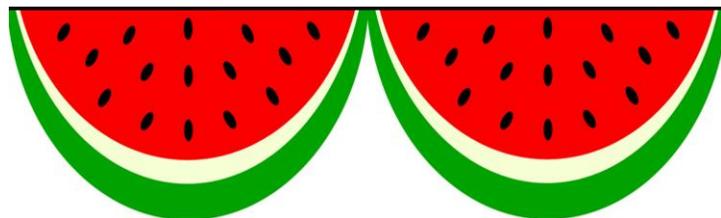
Workwise I have over 16 years of experience as a registered dietitian with the College of Dietitians of BC.

In my past life, I did a ten-year ministry related to nutritional care in the Asia. I even hiked a 790 km hike in 34 days called Camino which spans Mediterranean countries. My greatest reward has and always will be working with people to ensure proper nutrition and comprehension.

I am glad to be part of the care team serving the residents in our Pinegrove Place. I look forward to working side by side with you serving our residence.

Welcome New Residents

Yvette G
Ron M
Shun L
Sing May L



Happy Birthday August Baby!

Nang Kin SAugust 3
Elena TAugust 10
Don B.....August 13
Randy S.....August 14
Mary N.....August 22

Farewell



Peter E
September 21, 1950 – July 1, 2021
James P
January 28, 1925 – July 2, 2021
Xiao Qiong Z
March 23, 1944 – July 11, 2021
Mark S
June 24, 1922 – July 27, 2021

Who's Who at Pinegrove Place

Executive Director – Lori Sidjak (232)
Director of Care – Niamh Breen (234)
Assistant Director of Care – Kahan Rekhia (231)
Recreation Manager – Melissa Moussa (224)
Support Services Manager – Joy Simbulan (226)
Chaplain – Marilyn Chan (233)
Social Worker – Chelsey Yule (249)
Dietitian – Sumantha Yee (245)
Building Services Manager - Andreas Brade (236)
Administrative Assistant – Sylvia Penner (222)
Confidential Secretary – Pansey Ng (221)
Visitation/Office Clerk – Annie and Fanny (276)



Big Picture Care Planning

You are invited to join virtual education sessions hosted by Joan, Clinical Resource Nurse for Richmond Long Term Care from Vancouver Coastal Health. This hour long webinar reviews how disease can impact a person's mobility and function over time. It aims to:

- Guide caregivers to navigate changes in health
- Offer tools to improve communication related to medical decision-making
- Introduce the staff who can provide support for big picture care planning

These sessions are happening: Every 1st Wednesday of the Month at 6pm. There will also be open Q&A sessions every 3rd Wednesday of the Month at 5pm

Mission

Our mission honours God with holistic care providing compassion, hope and life to the community we serve.

Vision

Our vision is to nurture the overall well-being and confidence of our community by providing a supportive home guided by Christian values.

Values

Therefore as we have opportunity let us do good to all people - Galatians 6:10

Respect – Each individual is created in God's likeness; our belief in the sanctity of life motivates us to treat all with dignity, compassion and respect.

Community – Rooted in love, all relationships are nurtured by belonging, safety and commitment.

Stewardship – We strive to be faithful stewards, using our resources effectively to serve others.

Quality – We are committed to maintaining high standards to ensure the quality of life of the residents we serve.

Integrity – We exemplify honesty, trust, and confidentiality with ethical and moral principles.

Family Council Meetings

Our Family Council meets monthly on the last Tuesday evening at 7:00pm. It is a great opportunity to get to know other families, to find out updates on Pinegrove, and to learn about aging and life in long term care. We are currently using Zoom but hope to one day bring this back on site. We would love to have you join us. Please speak to our social worker Chelsey for more information.



Summer Clothing Wordsearch

Did you find *blouse, dress, flip flops, hat, sandals, shorts, sunglasses, swimsuit, tank top, tee shirt*?