

Health & Home Care

carebc.ca

Celebrating 15 Years of the Community Integration Project



Photo: www.terrahousing.ca

The Health & Home Care Society of BC (Care BC) launched their Community Integration Project (CIP) in the spring of 1999. This year we celebrate 15 years of helping individuals regain a place in the community through an innovative model of housing and support.

The CIP helps individuals with physical disabilities adapt to their housing

and daily living needs while maintaining their quality of life. The CIP provides clients with the opportunity to live in one of two fully adapted units in St George's Place at Laurel Street and 14th Avenue in Vancouver. The units are close to Vancouver General Hospital and the GF Strong Rehabilitation Centre (where many tenants receive outpatient treatment) as well as local amenities such as shopping and recreation. The tenants have conditions such as Spinal Cord Injury, Acquired Brain Injury, Neuro-Musculo-Skeletal Injury and other disorders. Funding for the CIP is provided by Vancouver Coastal Health as well as by generous donors.

Over the past 15 years, the CIP has supported almost 70 individuals and their families through rehabilitation. There's the story of a woman who, faced with the reality of learning to live in a wheelchair, chose to tackle each day with determination, a sense of humour, hope, and strength. There's the husband and wife who got to live together instead of being separated while in transition. There's the story of the mother able to spend time with and support her teenage son while he attended outpatient care. Being a CIP client means being able to leave the hospital sooner to spend time with family and friends, or avoiding an inpatient stay while still benefiting from the extensive rehabilitation support services available in Vancouver.

Jean Budden, MSW, Rehabilitation Consultant for Care BC, provides emotional and practical support to clients as they learn how to adjust to the changes in their lives. Our clients have ranged in age from 18-72 years old and average a 5 month stay. There is a strong need for services such as these, and they generally cost less than protracted hospital stays. However, there is difficulty in finding permanent, accessible and affordable housing that can accommodate people with complex care needs. We are proud to be able to operate the CIP to provide transitional housing for those with physical disabilities and are excited to see what the next 15 years brings.

4TH ANNUAL HEALTH & HOME CARE SOCIETY OF BC GOLF CLASSIC



Continuing the trend of amazing weather, September 5th, 2014 was 20 degrees celcius and the perfect temperature for a charity golf tournament! Over 120 golfers and guests attended the fabulous event which helped raise over \$50,000 to support Meals on Wheels and the Family Respite Centre. This year golfers were fortunate to also get to use classic hickory golf clubs from the **B.C. Golf Museum**. The hosts for the evening were the always sparkling Michel McDermott and Kyle Donaldson courtesy of our generous media sponsor **Breakfast Television/OMNI TV**. We would also like to take this opportunity to thank our title sponsors **Pharmacy BC** and **The Medicine Shoppe Canada** for their continued support.



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BRAD WALLIN - 25 YEARS OF EMBODYING COMPASSION AND COMMITMENT



We would like to acknowledge Brad Wallin, a long term Family Respite Centre staff member, who received his 25 year pin this year. Brad started employment with us on September 11, 1989 as a part-time Activity Worker for the Day Care Centre in East Vancouver. After moving to full-time work with Care BC, Brad chose to take a leave in October 2003 to attend a Resident Care Aide program at Langara College and returned to work as a full-time Respite Assistant beginning February 2004. John Greiner described him "as a friend to all the clients who have ever visited the Family Respite Centre. He has the ability to remain calm in the middle of chaos and you can never tell when he is anxious because he always looks so smiling and reassuring." We are grateful for the hard work, dedication, and wonderful attitude that Brad has brought to work for the past 25 years and we look forward to the many years to come. Thank you Brad for your commitment to empowering seniors.

DID YOU KNOW?

OCTOBER 1ST IS NATIONAL SENIORS DAY. HOLIDAYS SUCH AS THIS REMIND US TO TAKE EVERY OPPORTUNITY TO LET THE SENIORS IN OUR LIFE KNOW HOW VALUABLE THEY ARE.

NEWS CORNER

Did you know diabetes can increase the risk of dementia by 50%, so avoiding diabetes might also help you avoid dementia? A new report by Alzheimer's Disease International focuses on the risk factors in common between many non-communicable diseases (dementia, heart disease and diabetes). The report recommends three proactive activities - take up regular exercise (for both your brain and your body), follow a healthy diet, and quit smoking. As our understanding of dementia improves, we can start to learn measures to take to try and help keep our minds healthier for longer. You could try:

- a) Going for a short walk
- b) Completing a Sudoku or crossword
- c) Choosing to eat more vegetables

Source: Global News, *What Alzheimer's disease and heart health, diabetes have in common*, Sept 17, 2014

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between May 1st, 2014 and August 31st, 2014 by making a donation of \$500 or more to our charitable programs.

- Army, Navy & Airforce Veterans in Canada, Unit #284
- Hastings Entertainment Inc. (HEI)
- Marine Drive Tuesday Ladies Golf Club
- Vancouver Chinatown Lioness Club
- The Wolrige Foundation
- Rick And Sandy Young Foundation

We also offer appreciation to the other organizations and individuals who have joined our Macaulay Club in the past year, as well as to our program partners, Fair Haven United Church Homes Society, the Vancouver Foundation, St. George's Place Society and Vancouver Coastal Health.

We would also like to acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support one of our charitable programs, please call 604-733-6614 or donate online at www.carebc.ca

DID YOU KNOW?

THE HEALTH AND HOME CARE SOCIETY OF BC HAS BEEN ADMINISTERING FLU VACCINATIONS FOR 18 YEARS!

REASON #1:

YOU CAN'T GET THE FLU FROM THE FLU VACCINE.

VISIT WWW.CAREBC.CA FOR MORE INFO

In honour of our 18 years of delivering flu vaccinations, we are running a series entitled **18 Years, 18 Reasons**, which looks at some of the common myths, concerns and issues around flu vaccinations. An excerpt of our first reason - *You Can't Get the Flu from the Flu Vaccine* - is below and you can find all the reasons on our website at www.carebc.ca/18-years---18-reasons.

REASON #1 - YOU CAN'T GET THE FLU FROM THE FLU VACCINE

REASON #2:

HEALTHY PEOPLE CAN STILL HAVE MAJOR COMPLICATIONS FROM THE FLU.

VISIT WWW.CAREBC.CA FOR MORE INFO

There are many good reasons to get the flu vaccine. And there are many bad reasons to avoid getting the flu vaccine. It's a pervasive myth that you can get the flu from the vaccine. Most of the flu vaccines available on the market are created from inactivated (dead) flu virus so you can't get the flu. However, it can take up to a few weeks for your body to create the antibodies needed to fight the flu. That's why you hear those 'My sister got the vaccine and still got the flu' stories. Because it can take up to two weeks for your body to build up immunity to the flu, we recommend getting the flu shot as early in the season as possible.

REASON #3:

HERD IMMUNITY. YOU CAN HELP KEEP VULNERABLE INDIVIDUALS SAFE.

VISIT WWW.CAREBC.CA FOR MORE INFO

Currently, the only live influenza vaccine available in Canada is the nasal mist vaccine but it is very rare to get the flu from the vaccine. The vaccine has been treated (the technical term is attenuation) so that the person receiving the vaccine will not get the flu. However, there is a small chance that the attenuated vaccine could mutate and be spread to others through shedding. Shedding is when tiny molecules of a virus leave an individual's body through air droplets via breathing or sneezing. This is a very small risk and the Center for Disease Control notes that people who have received the vaccine shed 'in lower amounts than occur typically with shedding of wild-type influenza viruses'. Again, the risk of this is very low. Much lower than the risk of exposure to the flu through infected individuals.

REASON #4:

IN CANADA, AN AVERAGE OF 12,200 PEOPLE ARE HOSPITALIZED AND 3,500 DIE.

VISIT WWW.CAREBC.CA FOR MORE INFO

If you are interested in booking a flu vaccination clinic with the Health & Home Care Society of BC's Health Promotion Services, please email flu@carebc.ca or call Yvonne at (604) 733-9177 ext 108

Health & Home Care Society of BC

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