**Meeting Date: Feb 22, 2022**

**Attendees:** Angela Lee, Anne Shatkin, Carol Ji, David Huang, Edward Lui, Ellen Ho, Hamid Fakhi, Jen VrMeer, Rebecca Reichert, Sara Lam, Shelley Rintoul, Shirley Lee

**Guest(s):** Dana LeMoine (Guest), Director of Therapeutic Recreation

**Regrets:** Alishah Daya, (Guest) VP, Board of Directors

**Facilitator:**  Anne Shatkin **Recorder:** Shirley Lee

| **Agenda Item** | **Action Required** | **Person Responsible** |
| --- | --- | --- |
|  | **Opening the Meeting – Call to Order**Meeting began at 6:19 p.m. | None | Anne |
|  | **Approval of Agenda**The council approved the agenda. *No changes/updates* | Approval | Anne |
|  | **Review and Approval of Jan 25, 2022 Minutes**The council approved the meeting minutes as posted.  | Approval | Anne |
|  | **Standing Items** |  |  |
|  | 1. **Review Action Items**
* Call out again for Chair volunteer or different model; need to resolve for future meetings
 | Discussion | Anne |
|  | **Business Arising** | Discussion |  |
|  | * No business arising at this time.
 |  |  |
|  | **New Business** |  |  |
|  | 1. **Recreation Therapy at Fair Haven (FH)** *(Session recording began at this point, with no objections.)*
* Introduced **guest speaker Dana LeMoine,** Fair Haven’s Director of Recreation Therapy.
* Dana described **5 tenets of recreation therapy (RT)** which support physical, cognitive, social, emotional and spiritual well-being of residents.
* Plans for new forms of RT which further enhance residents’ overall health and well-being, may include:
* **Sensory stimulation** to enhance residents’ quality of life, using light & aromatherapy techniques that engage all senses such as sight, smell, touch etc.
* **Enhancement of music therapy & art** therapy
* **Q & A**
* **Existing RT programs** enjoyed by FH residents at both lodges include:
* physical, regular exercise programs e.g. balloon batting – social & physical interactions for residents
* gardening program was effective & popular in getting residents outside & exercising
* monthly event calendar soon to be posted on website
* Recognize that social & relational connections are critical for residents’ mental and emotional wellness.
* Work with staff to watch for residents who need social and relational therapy.
* With funding constraints for additional staff to meet these needs, post-COVID era RT could include strategies for more volunteers & entertainment from outside community to engage residents in ways that staff cannot.
* N.B. Physiotherapy is in its own category and NOT part of recreation therapy.
* Lots of interest and questions from Council members about new therapies as well as existing RT programs. Thanks to Dana for addressing our many questions!
 | IntroductionPresentation DiscussionDiscussion | Anne Dana LeMoine, DanaAll |
|  | 1. **Visitation Update**
* Many challenges with booking visits on Calendly, FH’s online appointments tool, especially for Vancouver Lodge

e.g. few slots available overall and are rapidly taken * Visitors should contact Dana or RT staff if run into booking problems and require exceptions to visiting;
* reviewed difference b/w Essential & Social Visitors – refer to PHO guideline
* families encouraged to always reach out to FH leaders if questions not getting answered
* new resident surveys will be restarted soon
* LTC accreditation conducted every 3 years; will be sending survey to families in advance of process
 | Discussion | GroupACTION: Anne and Dana to review visitation with nursing leadership. |
|  | 1. **Overcoming Language Barriers**
* Info on how to address non-English speaking residents
* Communication boards translations for frequently used phrases/terms should be available.
 | Discussion  | Don c/o Anne (Don couldn’t attend)ACTION: Anne will look into availability of boards in Vancouver. |
|  | **Next Meeting** |  |  |
|  | The next meeting is scheduled for **Tuesday, March 29, 2022**, to avoid overlap with Spring Break. 1. **Guest Speaker : Lisa Dawson**, Chair of the VancouverCoastal Association of Family Councils

**Future Topic:** * Fair Haven’s Family Council is unique among family councils in BC given that it bridges two health authorities.
* Should FH council split into two separate groups to ensure equitable representation for each location?
 | None | NoneAnne |
|  | **Closing the Meeting**Meeting adjourned at 7:45 p.m. | None | None |