**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** |
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|  | **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! | Introduction  Presentation  Discussion  Discussion | Anne  Dana LeMoine,  Dana  All |
|  | 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 | Group  ACTION: 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 | None  Anne |
|  | **Closing the Meeting**  Meeting adjourned at 7:45 p.m. | None | None |