

What Dementia Feels Like...

Imagine the challenges of completing simple daily activities without the ability to think, remember, or reason. Button your shirt, count correct change, reconnect with an old friend: tasks we take for granted that are almost impossible for someone living with dementia. In September, Magnolia Gardens Care Centre invited 25 leaders in seniors care to experience what dementia feels like for the people they serve and represent: a Virtual Dementia Tour® (VDT).

The VDT is an evidence-based experiential training program that builds a greater understanding of dementia by temporarily altering participants physical and sensory abilities. Developed by P.K. Beville, a geriatric specialist and

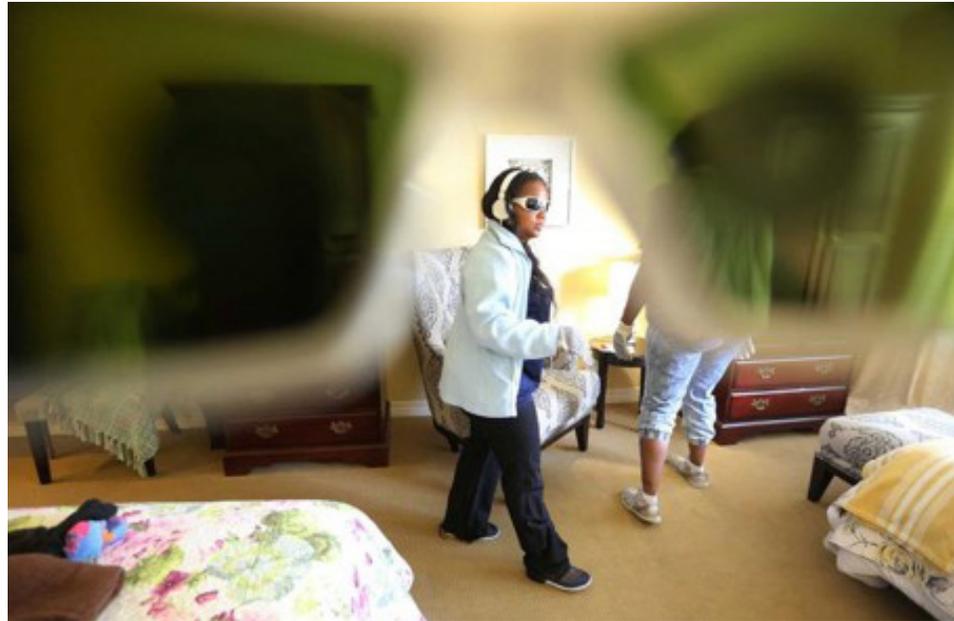
“Everyone benefits from this experience.”

— SYLVIA CARDIN, RN

and health care providers a first-hand way to experience some of the challenges of living with dementia.

“It is a transformative and enlightening experience,” says Shannon Ediger with the

founder of Second Wind Dreams, the tour gives family, caregivers, first responders,



Participants physical and sensory abilities are temporarily altered during the Virtual Dementia Tour.

Fraser Health Authority. Shannon participated in her hour-long tour with a colleague, two leaders from the Alzheimer’s Society of BC, and the owner of Comfort Keepers, a private in-home care company.

After the initial interactive component, Shannon joined the others for a debrief session delivered by Magnolia team leaders. “The insight from the VDT allows me to truly understand the dignity and pride that can be lost through the way caregivers react to people with dementia,” she reflects. “It reminds

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Bria Communities' New Director

Meet Tanya Snow, our new Director

In July Tanya Snow joined our team to lead the strategic direction for Bria Communities into the future.

Tanya has decades of experience in independent seniors' living, assisted living and community care settings. She is a Registered Nurse with a Master's Degree in Health Administration. The root of her passion is serving others, and she values ongoing education, creativity and continual improvement.

As a member of many professional and industry organisations, Tanya provides leadership to issues of seniors care in the Metro Vancouver region. She is involved in the BC Seniors Living Association, Canadian College of Health Leaders, College of Registered Nurses of BC, and BC Care Providers Association.

Tanya is a hockey player and a Scout leader (yes, girls can be Scouts, and two of her daughters are in troops!)

She loves the outdoors and has a passion for travel. Her time outside work is spent on adventures with her family and making plans for her next big travel destination.



Tanya Snow, Director of Bria Communities

What Dementia Feels Like... *continued from cover*

me that we can take an approach to care that maintains and enhances a person's dignity."

For Angie Quaale, a former Township of Langley Councillor the experience hit close to home as she reflected on her grandmother's final years living with dementia "What an incredibly valuable experience this was. I have a new found appreciation for the caregivers and the medical team that took care of her; they are saints."

Bria's team leaders are among a handful of trained VDT facilitators in Canada, and in 2018 the Bria management team made the tour a mandatory training experience for all staff. Sue Wilson, Director of Care for the Magnolia

Gardens Care Centre sees the impact of the training daily. "I definitely notice how staff have changed their practices and interactions with residents. The multi-sensory experience leaves staff with a new understanding of what some care centre residents struggle with every day."

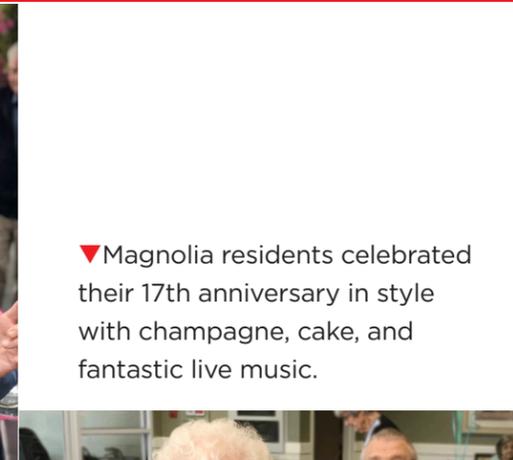
Seeing the impact the tour had on staff inspired Bria leaders to open the opportunity to others in the community who would benefit from a window into the world of dementia.

Read the full version of this article on the Bria Blog: [Bria.im/Dementia](https://bria.im/Dementia)

Bria Snapshots



▲ Sunridge Gardens said goodbye to summer in style with a garden party that featured Elvis and his pink Cadillac.



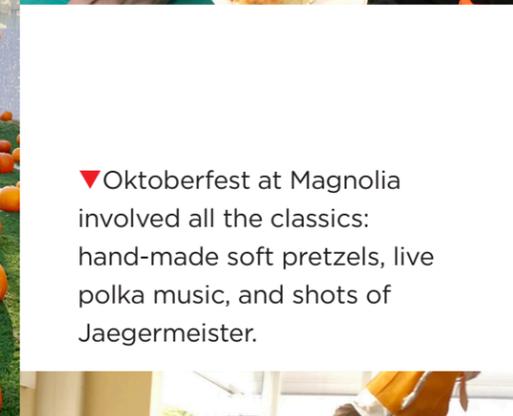
▼ Magnolia residents celebrated their 17th anniversary in style with champagne, cake, and fantastic live music.



▲ In September The Wexford residents went back to school and proudly graduated in the same week. There were tears and laughter as some residents experienced their very first graduation ceremony.



▲ The indoor pumpkin patch was a fall treat for The Wexford residents who visited Langley's Harvest Glow.



▼ Oktoberfest at Magnolia involved all the classics: hand-made soft pretzels, live polka music, and shots of Jaegermeister.



▲ The Waterford celebrated Thanksgiving in style with friends and family enjoying cocktails and dancing followed by a delicious feast of turkey with all the trimmings.



Hot Dog!

The Wexford raises funds for Alzheimer's Care

For a second year, Myrtle's Famous Hot Dogs and The Wexford, a Bria seniors community in Tsawwassen served up gourmet hot dogs for an important cause—to raise funds for Alzheimer's and dementia care.

In 2017, this community event raised over \$2,400 for the Alzheimer's Society of BC, serving more than 300 dogs crafted to exacting standards by Myrtle's founder John Meier. This year was bigger and better with 450 franks flying off the grill in just a few hours, and \$4,244 raised!

For five years, Myrtle's Famous Hot Dogs at Tsawwassen Town Centre was a destination for hot dog aficionados who appreciated John's attention to culinary detail. If you were desperate for the zing of a classic New York dog made with sauerkraut and fried onions Myrtle's was your source. If you craved a traditional Chicago dog with sports peppers and super green relish, you could get your fix at Myrtle's.

When John's hot dog cart ran out of relish, he took his 'dream job' at The Wexford, a role that's as precisely crafted for him, as his dogs were for his fans; courtesy shuttle driver for residents at The Waterford and The Wexford seniors living communities.

John brings his experience as a tour guide, in-depth knowledge of the local area and history, and natural friendliness with him on every trip. He swaps stories with residents as he chauffeurs them on errands and adventures.

"Our residents love riding with John," says Matt Jackson, manager at The Wexford. "Instead

of relying on family members or taxis, John does door to door service wherever they want to go. It gives them a lot of freedom."

Almost every time he's out with residents, John encounters Myrtle's fans, and they all ask for the same thing—hot dogs. That's what inspired Myrtle's come back in 2017. But at its heart is something much bigger than delicious dogs.

"I started Myrtle's because of my grandmother. She used to take me on trips to Coney Island in New York, which is world famous for its hot dogs. That's how I got the idea to get into the business," John reflects. "My grandmother lived with and died from Alzheimer's when she was only 77 years old, and I wanted to make a difference for our Bria residents who have been touched by the disease as well."

This year's hot dog event buzzed with fun 1950s flavour. The common parking area shared by The Wexford, Northgate Offices and City Homes featured live '50s-style musical entertainment, classic cars, and vintage-fun for kids including a bubble gum blowing contest, hula hooping, face painting, balloon animals, and more.

Read the full version of this article on the Bria Blog: Bria.im/Hotdog



What's new...

Advances, innovation, and updates from around Bria



Meet Chef Bernard

The smells coming from The Wexford kitchen are heavenly, and everyone wants to know what Chef Bernard is making for dinner! Bernard has been working in the culinary industry for almost two decades. His passion for cooking began at an early age while helping at his grandmother's bakery in the Philippines.

Bernard fine-tuned his skills in hotels and on cruise ships. In 2000 when he immigrated to Canada, he studied Culinary Apprenticeship at Vancouver Community College. Bernard, like all Bria chefs, is proud of his Red Seal endorsement.

Read the full version of this article on the Bria Blog: [Bria.im/Bernard](https://www.briacommunities.com/blog/bernard)

Magnolia Lip Sync Competition

Imagine Kenny Rogers and Dolly Parton, Meatloaf, Madonna, Sonny and Cher and Shania Twain all singing at the same fantastic show. That's what residents at Magnolia Gardens were treated to when staff performed in a lip sync competition for their entertainment. "I've never seen the residents laugh so hard," said Pam Murphy, Area Manager for Bria Communities who did double duty starring as Kenny Rogers in one act and Liza Minelli in another.

Watch a hilarious recap: [Bria.im/LipSync](https://www.briacommunities.com/blog/lipsync)

Wake Up & Say 'Good Morning'

Brush your teeth, make the bed, and push the 'good morning' button. This is the new morning routine for residents at The Waterford, Magnolia Gardens and Sunridge Gardens. Until recently a paper door hanger system was used to indicate that residents were up and well. The new button system installed in each suite lets staff know that all the residents are well and have started their day.

Tania Dusevic, General Manager at The Waterford, laughs as she explains that residents are gradually learning to remember to push their buttons before a check-in call or visit from staff. "This is such an easy and unobtrusive way to make sure our residents are safe and healthy," says Tania. "It gives everyone a lot of peace of mind."



Silver Fox Walk

Sunridge Gardens residents didn't let the rain dampen the Silver Fox Walk, they did laps of the building and then enjoyed smoothies by donation. Residents at all four Bria communities participated in walks, breakfasts, and cookie sales in September to raise more than \$2,800 for cancer research through the Terry Fox Foundation.

Together Forever

Shirley & Len's Story at Magnolia Gardens

The first time Shirley saw Len, he was dressed to impress in the cowboy duds he wore as part of his one-man country western show. She and a friend had gone to the local radio station to some singing groups perform, and there was this good-looking fellow playing his guitar and yodelling his country songs.

"She thought he was pretty cute," laughs Gail as Shirley recounts the story of her first glimpse of the dapper cowboy who she would marry and live a wonderful life with for 72 years.

The sepia-toned photo of a young Len in his western garb with a twinkle in his eye hangs prominently in the living room of the suite they shared at Magnolia. It's been two years since Len and Shirley moved into their ground floor apartment that borders on the lush gardens and sparkling pond in the back courtyard. They loved it immediately.

"I was very happy to move here," says Shirley. "Everybody is just so nice, and it's a wonderful place to be." Len loved it too. "He was well-liked here, with all his jokes," she recalls fondly. "He made lots of friends."

Len's health deteriorated in the months after they moved into Magnolia and eventually Shirley and Gail were no longer able to look after his needs. It was a relief to be able to move Len into a private room in the Care Centre, just a short walk down the hall from the suite he had shared with Shirley.

"To have the Care Centre right there was amazing..."

— GAIL FISHER, DAUGHTER

Gail admits. "To have the Care Centre right here was amazing, Mom was able to go to him any time, and it was so special that his friends could visit him."



"It was such a gift, and a privilege, to be able to support Shirley and Gail as Len's life came to an end," shares Sue Wilson, Director of Care. "Shirley was able to rest in between visits safe in the knowledge that Len was well cared for. She was able to be with Len right up until the very end, which was so very important for her, and us."

Family and friends were there for Len in his last days, and that was a bright spot in the midst of his wife and daughter's shared grief. Len wanted that kind of peace for Shirley too; he wanted her to continue to live in the place that brought them joy. "At the end," Shirley recounts, "he said to me 'Don't you move from there. You stay there.'" Gail chimes in, "He needed the comfort of knowing that his wife was safe."

Read the full version of this article on the Bria Blog: [Bria.im/Together](https://www.briacommunities.com/blog/together)

What's next...

OCTOBER

SUNRIDGE GARDENS

celebrates their seventh birthday on October 24 with a party for residents, friends and family featuring live music, champagne, and enough birthday cake to make any seven-year-old jealous.

NOVEMBER

THE WATERFORD

residents visit the Delta Gymnastics Society weekly for the fall session of Seniors Can Move, a program developed to help seniors improve agility, balance and coordination.

DECEMBER

MAGNOLIA GARDENS

residents gather around the fireplace in their pajamas on Christmas Eve to enjoy warm festive drinks, Christmas cookies and a reading of the Night Before Christmas.

THE WEXFORD

hosts their first Drive-Thru Turkey Trade on behalf of the South Delta Food Bank. Community members are invited to loop through the parking lot on Saturday, December 8 between 1-4 PM to drop off a bag of groceries or unwrapped toy in exchange for a Christmas turkey.

LET'S BE SOCIAL

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