

The Bria Independent



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Gymnastics For Every Age

Lorna Watkins, an 82-year-old resident at The Waterford, was hesitant when she first learned about the gymnastics class offered for seniors in South Delta. She was also intrigued. Six months later, gymnastics played a significant role in a quick recovery from an immobilizing injury.

In spring 2018, residents from The Waterford and The Wexford participated in a trial run of the 'Seniors Can Move' program developed by Delta

"I am inspired by the progress these seniors have made in the class!"

— RICHARD WOO,
DEVELOPMENTAL PROGRAM
COORDINATOR AND COACH

Gymnastics Society to teach seniors the ABC'S of sport—agility, balance, coordination, and strength.

Aging impacts bone density, muscle tone and balance.

With that in mind Delta Gymnastics coaches and staff applied for a New



Residents from The Waterford receive instruction from a Delta Gymnastics Society coach and her young assistant.

Horizons grant from the federal government to create a program to meet the changing needs of seniors and benefit their overall functional fitness.

While gymnastics might not seem an obvious choice for older adults, they gain therapeutic benefits by learning safe falling, enhance their flexibility, and experiment with new equipment and exercises—such as a three inch spring floor. (More on that later!)

"This program gives our residents the freedom to walk with confidence," notes Brenda Hodson, Recreation Manager at The Waterford "They build core strength, they work on fall prevention, and they feel good about themselves!"

Lorna experienced all the benefits—and more. In September, while at home, she broke her ankle in what she refers to as a

...continued on page 2

IN THIS ISSUE

BCSLA Seal of Approval
Financially Healthy Seniors
Lloyd Jones — A Life of Service

Gymnastics... *continued from cover*

‘silly accident’. She was determined not to let the injury keep her from participating in the weekly gymnastics program she was enjoying so much.

Nine days later, she rolled her wheelchair onto the springy floor of the Delta Gymnastics facility ready for class to begin. “The next week I went on a walker,” she recalls with a smile. “The week after that I went with a cane. The last week, I went with no splint, no boot, no cane!” Coaches and staff were delighted with her progress and particularly enjoyed watching her bounce across the trampoline in her air cast, laughing all the way. They weren’t the only ones who were impressed.

Lorna’s ankle healed more quickly than expected. “The physiotherapist told me that the exercises I had been doing had strengthened and toned my muscles—that was why I healed so fast,” says Lorna proudly.

“Gymnastics is a foundational sport,” says Richard Woo, Developmental Program Coordinator for Delta Gymnastics Society. “It teaches us to protect and coordinate our bodies in all types of situations. It creates strength, courage and confidence to do new things—and the benefits are the same whether you’re two or 82.”

Lorna has become an unofficial spokesperson for the gymnastics program that had such a powerful impact on her. “I would love to see it offered to more seniors here and across Canada,” she says. “It’s been so wonderful for me, and I think it would be wonderful for others too.”



Bria Snapshots



▲ Sealed with a kiss! Valentines Day at Magnolia Gardens featured cocktails, h'ors d'oeuvres and live entertainment with the Suede Dogs.



▼ Sunridge Gardens residents let the good times roll and celebrated Mardi Gras in style with a five-piece Dixieland band!



▲ The sun is streaming through the windows, the flowers are blooming and residents at Magnolia Gardens are wearing their favourite hats—it's a sure sign that spring has arrived!



▼ Some bunny loves you! Sunridge Gardens residents crafted sweet bunny treats out of lollipops.



▲ The Wexford celebrated its third anniversary in style! Residents enjoyed a mouth-watering buffet dinner followed by a Las Vegas-style show of magic and music.



▲ There are shortcuts to happiness, and one of them is dancing. Residents at The Waterford enjoy a spin around the room—it's good for the heart and the soul!



Catch every snap! Follow us on Instagram [@BriaCommunities](#)



**Tanya Snow, Director of
Bria Communities**

(BCSLA) Seal of Approval for their residences this spring.

The Seal of Approval designation is awarded by the BCSLA to Independent and Assisted Living Communities in British Columbia who fulfil a set of stringent quality standards related to all aspects of seniors living.

The Seal of Approval process consists of a self-assessment followed by an in-depth review by BCSLA of all areas of a senior living community that both, directly and indirectly, impact the quality and level of services provided to the

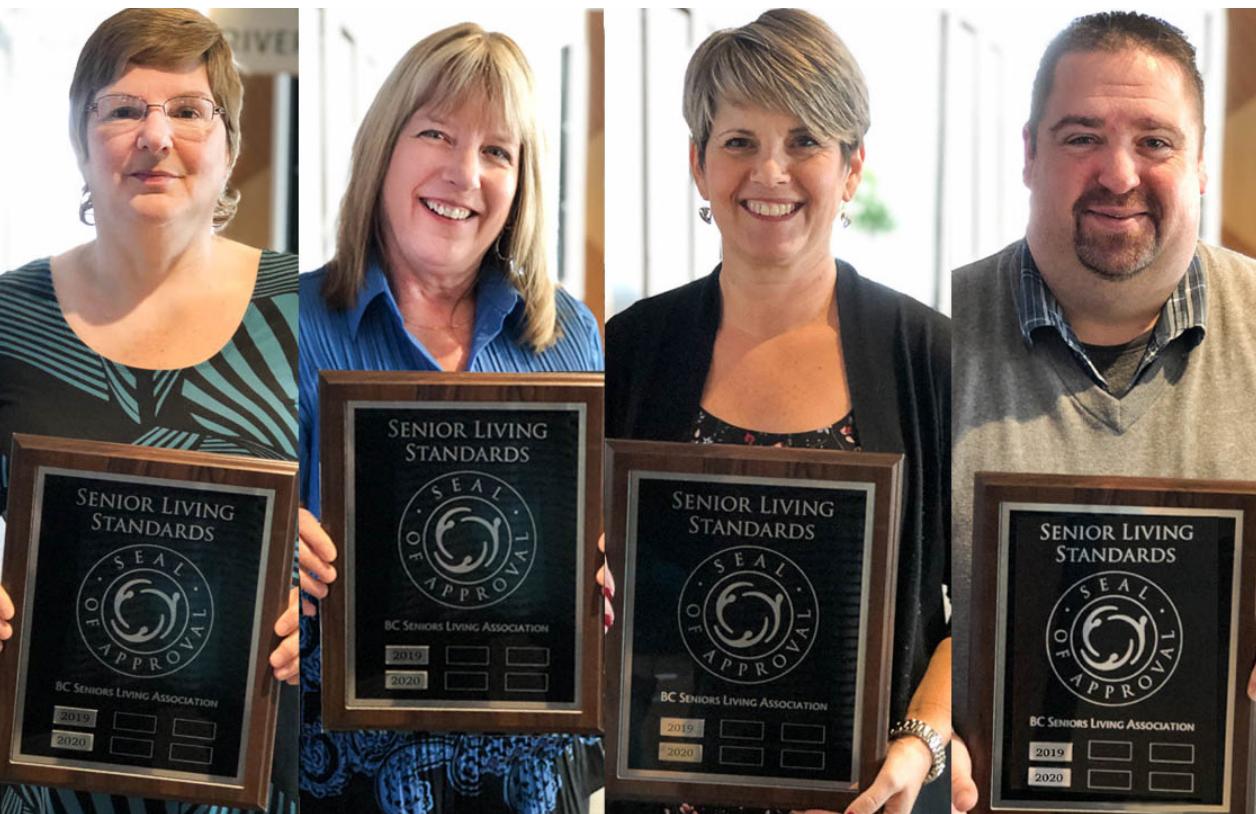
From the Director's Desk

I am so proud to congratulate each member of my Bria Communities leadership team on receiving the BC Seniors Living Association

residents. The areas of evaluation include safety, infection control, staff training, resident services, and assisted living—if applicable.

As an independent living community, Bria's BCSLA Seal of Approval program shows residents, families and stakeholders our commitment to provide leadership, quality, and excellence in the delivery of a higher level of service and care for the seniors we serve.

The designation is in effect for two years. As this is a program which standards are continually reviewed and revised to increase the quality expectations, Bria Communities will go through this accreditation style process again in 2021 to ensure we remain on the leading edge of seniors living providers.



**Bria Communities
Leadership Team**
(left to right)

Pam Murphy
Magnolia Gardens

Shannon Saunders
Sunridge Gardens

Tania Dusevic
The Waterford

Matthew Jackson
The Wexford

A Life of Service

Meet Lloyd Jones

Mementos, photos, certificates and accolades layer Lloyd Jones bright suit at The Waterford in Tsawwassen: a jar of sand from Juno beach where he landed just after D Day, the Olympic torch he carried through the streets in 2010, a grey chunk of the fallen Berlin wall. He picks up a black and white photo of a regiment of young men, each in identical uniform. “Here’s a picture before D Day,” he says and takes a moment to run his finger across the image and pick himself out.

“I sit here and think, ‘Oh boy, am I lucky.’ Because I was in those situations where I might not have been lucky.” Many of the young men Lloyd served with didn’t return from deployment. Lloyd thinks of them and reflects on his days at the front with Queen’s Own Cameron Highlanders where he served as a rifleman, Bren gunner and dispatch rider.

But Lloyd has a way of looking at the positive things in life and lets the negative fall away. When he thinks about the good that came from the war, he recalls meeting a sweet nurse named Kae at the military hospital in Winnipeg when he returned to Canada. With deep reverence, he refers to Kae—his wife,—as ‘my good lady’.

“I’ve had a very good wife and family,” says Lloyd with tenderness, “My good lady has been very good to me, without her, things might have been different.”

In the years since returning to civilian life, Lloyd has poured his time and energy into serving his fellow Canadians at home.

If a person’s service record were a book, Lloyd’s would be an encyclopedia; 27 years serving as a volunteer with the Tsawwassen Community Policing unit, a member of the Delta Hospital Foundation, a leader of the local Legion #289, director of the Amos Ferguson Manor residence, a former director



of the Shriners of BC and Yukon. There’s no way to track the amount of money raised, parades marched in or lives impacted. By way of explanation for his extraordinary life choices, Lloyd returns to Kae, “I’ve made use of every moment because I had my good lady with me.”

Making use of every moment is why Lloyd was named Delta Citizen of the Year in 2018. It’s a title he wears as proudly the Sovereign’s Medal for Volunteers he received last year and a myriad of other awards and medals he has been awarded, including the Legion of Honour, France’s highest military honour.

“I just love people and want to make their lives a bit better in any way I can,” says Lloyd about being awarded Citizen of the year. “This was a great honour, and I’m very humbled by this gesture from the community.”

“Lloyd is Mr Community,” says Tania Dusevic, General Manager at The Waterford. “He’s a force to be reckoned with! His life is evidence that you can make a positive impact on the world at any age!”



What's new...

Advances, innovation, and updates from around Bria Communities



Virtual Dementia Tour

Sunridge Gardens hosted 35 community leaders for Virtual Dementia Tours this spring—including Langley City Mayor, Val van den Broek and City Councilor Rosemary Wallace (pictured here with Shannon Saunders, Manager of Sunridge Gardens, and Magnolia Gardens Director of Care, Sue Wilson). “It was very eye-opening,” said Mayor van den Broek. “This is a great tool to raise awareness about the effects of dementia.”

In March, The Waterford welcomed members of Delta Fire and Police Department, the local newspaper, as well as local MLA Ian Paton to participate in the VDT. “This training is so valuable for anyone who works or interacts with seniors,” says The Waterford manager, Tania Dusevic. “We’re proud to lead the way in advocating for seniors and educating people about the challenges of living with dementia.” *Read the Langley Advance article about the VDT at Bria.im/VDT*

Resident Satisfaction

Each year Bria residents participate in a satisfaction survey conducted by Unifocus, a third-party company specialising in customer-centred survey tools. We’re proud of our 2018 results:

- 94% of residents said they feel at home in their Bria Communities seniors residence.

- 95% of residents said they would recommend Bria Communities to family and friends.
- Residents rate our staff in the top 7% (93rd percentile.)

We want to continue to pursue our goal of being a leader in senior care. *Read more about changes made in response to resident feedback at Bria.im/Survey*

The Grand Parade

Bria Communities is pleased to be a sponsor of The Grand Parade. This fundraising event for the Seniors Services Society of BC is a celebration of seniors and supports housing solutions for low income and homeless seniors.

“Seniors’ housing at every income level is an important issue for us,” says Bria Director Tanya Snow. “The Seniors Service Society is the only agency in BC that works specifically with at-risk seniors. We love the work they do and want to support it.”

Bria residents, staff and leaders will be walking and volunteering in the event on Saturday, June 1 along the New Westminster River Walk. Join Team Bria for the celebration of a lifetime!

Read more at Bria.im/Parade



Tanya Snow, Director of Bria Communities and Nipa Bahla of Seniors Services Society

Financially Healthy Senior Years

Retirement is something most people look forward to in the later years of their careers—time to relax and enjoy the fruit of many years of labour. Bringing the dream to fruition requires careful planning and wise decision making.

Avoiding pitfalls and planning for success gives seniors freedom to meet their retirement goals without money related stress.

PITFALLS TO AVOID

There are common themes in the lives of seniors who find themselves experiencing financial stress.

Living Beyond Means

It's easy to get used to a certain lifestyle; travel, eating out, and entertainment can be hard to give up. Upon retirement, many people attempt to keep the same lifestyle despite a lower income.

High Levels of Debt

Mortgages, lines of credit and credit card bills may be manageable while receiving a steady pay cheque, but once income is reduced they can drain savings and equity.

Supporting Family Members

It's not uncommon for parents and grandparents to support loved ones financially. While it might feel good, once retired it

may not be feasible. Consider your long-term financial health before offering to lend a hand.

Good planning and wise decisions can lead to retirement dreams coming true.

Cost of Living

No matter where you live, cost of living increases over time. As prices for rent, food, utilities, health care rise, lifestyle adjustments may be required.



SOLUTIONS THAT WORK

Ask for Assistance

Managing your finances can be overwhelming as retirement benefits kick in, and investments mature. Don't be afraid to ask a trusted loved one to review expenses and income and identify problem areas and opportunities for saving.

Speak to a Financial Planner

Bringing in a professional voice to review and advise on finances is a decision better made sooner rather than later. A financial planner will be able to objectively look at finances and identify ways to save and manage money in order to see retirement dreams become reality.

Consider Your Home

The decision to keep or sell a family home can have a significant impact on finances in retirement years. Wise investment can mean sustainable income for years to come. Research your options, you might be surprised at what you discover.

Read the enhanced article on the Bria Blog at Bria.im/Finances



What's next...

MAY

LANGLEY Join us Friday, 10 May, for the 7th Annual Seniors Lifestyle Expo at Cascades casino sponsored by Bria Communities. Featuring live entertainment and snacks as well as info booths and displays by local senior service providers.

JUNE

TSAWWASSEN Join us on Saturday, 15 June from 11 AM - 3 PM as we co-host South Delta Seniors Celebration at Tsawwassen Town Centre Mall. Enjoy live entertainment, 'food on a stick' appie competition, and displays and info booths by local senior service providers.

JULY

MAGNOLIA GARDENS

Residents invite their friends and family to dust off their platform shoes and bell bottom pants for the Disco Inferno Summer BBQ. Featuring live music by Play List, lunch served hot off the grill, and psychedelic prizes.

AUGUST

THE WEXFORD celebrates the beautiful country of Mexico with a week of fun activities that wraps up with a fiesta featuring delicious Mexican food, margaritas, and Mariachi los Dorados—a five person band mariachi band.

LET'S BE SOCIAL

LIKE US ON FACEBOOK

Bria Communities
Magnolia Gardens
Sunridge Gardens
The Waterford
The Wexford



FOLLOW US ON INSTAGRAM

BriaCommunities



TWEET US ON TWITTER

Bria Communities



Come for a tour, stay for lunch

Schedule your tour around lunch and we'll treat you!



The
WATERFORD

THE WATERFORD is a short walk to town centre and built on a two-acre water feature. With 107 distinctive suites, there are two choices: independent living and 24-hour nursing care.

604.943.5954

1345 56 Street, Tsawwassen



The
WEXFORD

THE WEXFORD is spacious and bright, with tastefully designed living areas inspired by local coastal tradition. Featuring 65 soundproofed suites, each with a private balcony or patio.

604.948.4477

1737 56 Street, Tsawwassen



**MAGNOLIA
GARDENS**

MAGNOLIA GARDENS is in the heart of the City of Langley with a warm country atmosphere and two choices in supportive housing: independent living and 24-hour nursing care.

604.514.1210

5840 Glover Road, Langley



**SUNRIDGE
GARDENS**

SUNRIDGE GARDENS brings the outdoors in with warm rich tones, and modern designed spaces. It features easy walking access to the amenities of Murrayville town centre.

604.510.5091

22301 Fraser Highway, Langley