





## New Members Introduced and Welcomed at January Meeting

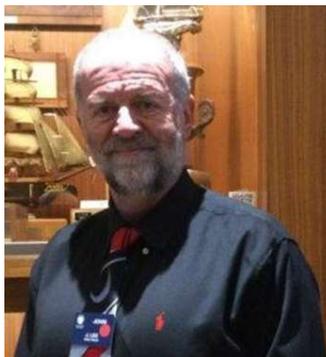


**John Adams** was born in Vancouver and has lived in West Vancouver since 1974. He has a degree in Civil Engineering from the Univ. of Manitoba, and has worked for Chevron Canada as a Marketing Engineer and Business Consultant in Manitoba and Vancouver. His interests include Travel, Photography, Elder College and West Vancouver Politics.

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**Ron DeCamillis** is a native Vancouverite. He obtained a degree in Dentistry at UBC and practiced locally before retirement. He is active in hiking, biking and acting.



**John Lee** is originally from Saskatchewan and has resided on the North Shore for 25 years. His education includes a degree in Commerce and Engineering from UBC. He has held positions of Project Engineer, COO, CEO and President of a number of High Tech companies. Among John's interests include triathlon, RV'ing, travel, photography and fixing things. John volunteers at triathlons and the Canadian Blood Services.

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### VP Terry McLeod (R) Welcomes New Members



## Last Month Speaker - Nick Whittle

Our speaker is the General Manager of Westerleigh PARC and provided an overview of senior living models. To begin he gave an overview of his background and experience in development and management of senior care models.

There are five basic types of senior living models in BC, and they are described below. There are two options for access - one is public access which is obtained through your family doctor's referral for an assessment of needs. Cost of services are based on income. The second is private access which is obtained through an in-home private consultation. All costs of services are payable by the client/family. Cost varies and depends on location, size, etc.

- **Home Care Support.** Services include assistance with activities of daily living such as bathing/showering assistance, medication administration, light house-keeping and meal preparation, companionship, and professional home services including nursing (i.e., wound care), social work, physiotherapy, respiratory therapy, and nutritional consultation.
- **Independent Living Residences.** You rent an apartment, including parking if needed, transportation is provided. Lifestyle is the most important aspect of your choice with respect to location, being close to activities and family. External care givers are able to come in to provide services in your room.
- **Assisted Living Residences.** This is the next level after independent living. It is a slight step up to look after unscheduled requirements such as an accident. Housing and hospitality services combined with personal assistance for activities of daily living. Studios, one and two bedrooms with services including meals, daily and weekly housekeeping, monitoring and emergency support, social and recreational activities, and transportation.
- **Long-Term Care Homes.** 24-hour licensed, professional nursing care in a supportive environment to residents who don't require hospitalization. There is a trend in private care to accommodate dementia levels, referred to as "Memory Care".
- **Campus of Care Communities (Age in Place).** This is a community approach with different buildings for different needs. This model has 15 - 20 people in one area...a "neighbourhood".

The traditional approach was to have long corridors, with lots of rooms for people, and not the opportunity to interact in the same way.

Past practice for access to care was that you had to take the first available bed, but the health authority now has you select your top three, and they will try to accommodate you

## Last Month Speaker - Nick Whittle

according to your 1st, 2nd, or 3rd.

He spoke of the general issues facing this industry including inflation, difficulty in attracting and retaining their labour force, kitchen staff and service people. About 7,500 positions were lost during Covid.

There are 5 locations in West Vancouver. He spoke specifically of the Westerleigh, which opened in 2013, and is the premiere place on the North Shore. It is wellness oriented and was started by a Swiss architect when his mother went into care. It has 7 storeys, 129 units, from Studios – 3-Bedrooms; amenity spaces include: workshop, hobby room, hairdresser, theatre, library, private wine cellar, greenhouse, art room, gym and more. 3 meals a day, transportation, PARC Active Living programs, art, music, cultural activities and excursions. They are strong supporters of the West Vancouver community including Kay Meek, Polygon Gallery, WV Memorial Library, Harmony Arts Festival.

### Questions

Q1. Are workers doing multiple jobs?

A. This might be true in some situations, but some have full time jobs and then another position at another site. We employ a lot of workers from the Philippines. They are hard working people that send money home to their families so often have multiple jobs. There has been a change recently in how many jobs/work they can have in light of safety issues.

Q2. You mentioned a base cost would be around \$5,000 per month. Does this include food and booze? Couples?

A. It includes meals. The Independent Living may not include three meals, but a plan can be purchased to supplement meals. Includes a small kitchen. Couples can be accommodated with the new model as the new “neighborhoods” are all private rooms and you can purchase adjoining rooms if you want.

Q3. Are there plans to replace beds in West Vancouver?

A. There was always a feeling that there were too many beds in West Vancouver. The closing of the WV Care center was a good thing, but the closing of the Capilano Care Centre was a big loss. I personally don't agree with the redevelopment of the Inglewood site. They are expanding from 230 beds to 690 beds on site. They plan to build homes for the staff to live in, but I don't think this is realistic. The location on Taylor Way is not a good location, and already has parking, traffic, and access problems for transportation.

Q4. My mom was 99 when she went into care and it only cost \$1,350 per month including meals, etc. Why the difference?

A. The balance of payment comes from the old age pension she would have been receiving and the rest comes from the health authority based on her income assessment. When calculating income, the value of their home if they have one is not included.

Q5. Can we get this presentation online?

A. Yes - I'll also leave some business cards if you want to follow up with me. You can visit the website at “<https://parcliving.ca/>”.

Q6. What is the future of robots in your industry?

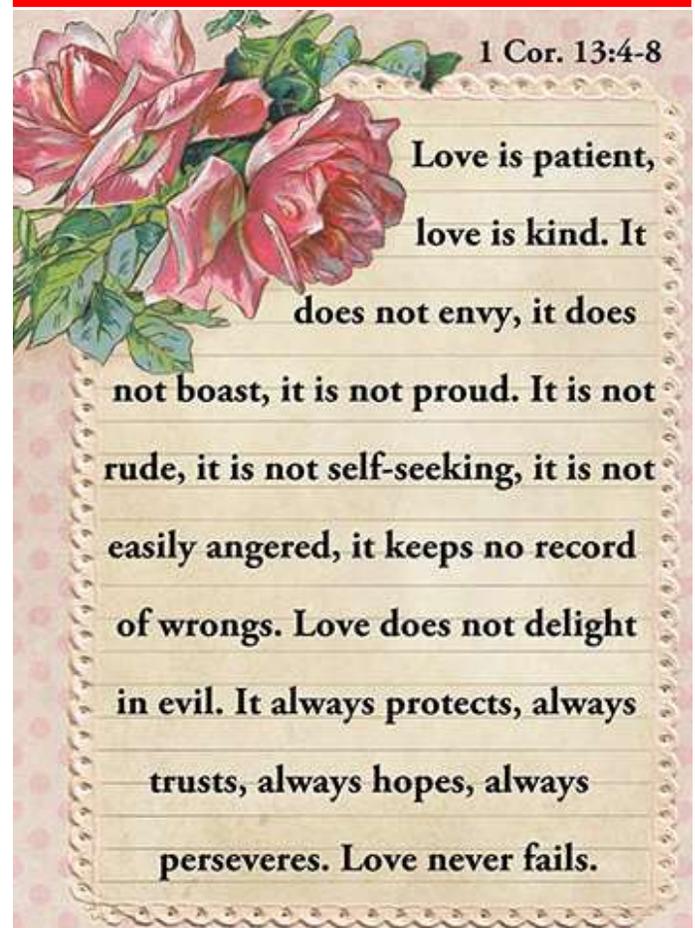
A. Some day this will happen. There are some places in Japan that use robots.

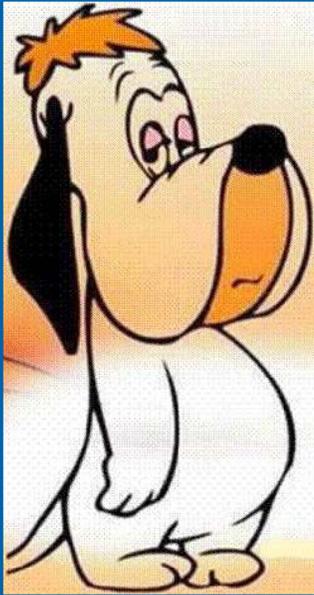
Q7. Can you comment on Adult Day Care Centres?

A. Yes. There are not enough of them. There is one in West Vancouver and one in North Vancouver. Attendance is from 10:00 to 3:00PM daily and is voluntary and very activity focused and includes lunch. The Handi-dart takes people there and back. It is easy to do assessments when people attend.

*This summary was present by member Darlene Dean*

## HAPPY VALENTINES DAY

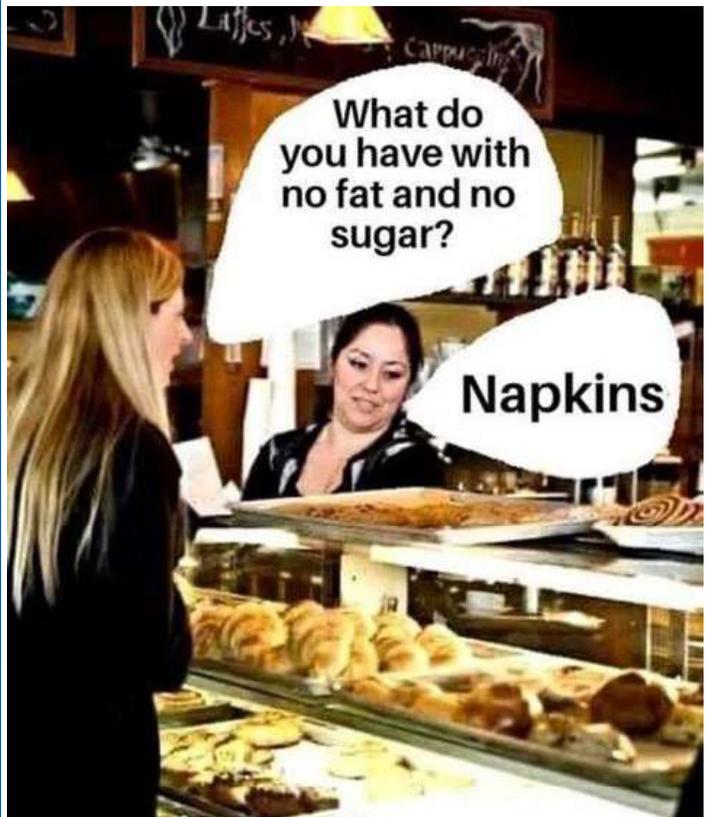




**How did we survive?  
Our mothers wiped our faces with spit on a hankey not an antibacterial wipe.**

**MOST PEOPLE DON'T THINK I'M AS OLD AS I AM UNTIL THEY HEAR ME STAND UP**

**ELEMENTARY KIDS HAVE IPHONES.  
WHEN I WAS A KID, I PUT GLUE ON MY HANDS JUST SO I COULD PEEL IT OFF WHEN IT DRIED.**



**UNFORTUNATELY THERE IS NO LIFEGUARD IN THE GENE POOL**



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Editorial contributions and comments are welcomed and may be sent by e-mail the administrator.