

COMMUNITY PARTNER *update*

peopleCare
communities

Jan/Feb 2023

peopleCare has lots to celebrate. Opening the first of our many planned senior living developments that will enable us to care for more seniors. A continued impactful focus on employee mental health and wellbeing. Finding innovative new ways to bring more caring staff into our Homes. 2023 is also full of promise and we look forward to working with our partners on these ongoing priorities and much more.



Home for the Holidays at the new Meaford LTC

After months of collaboration, careful planning and growing excitement, the team at peopleCare's newly completed [Meaford Long-Term Care \(LTC\)](#) were thrilled to welcome residents and their families into their beautiful new Home in December 2022. peopleCare began construction in June 2021, after a [redevelopment award](#) from the Ministry of Long-Term Care. A total of 128 local seniors now have a larger, modern and comfortable place to call home, close to family and friends in the lovely community of Meaford. A big thank you to families, volunteers and staff from other peopleCare Homes who pitched in, leading up to move-in day, to ensure the right supports were wrapped around residents. Not to mention our appreciation to the

Government for continuing to make the needs of Ontario's aging adults a priority and enabling leading operators like peopleCare to increase LTC capacity where it's needed most. Keep updated on [peopleCare's Developments](#).

Challenging the status quo on seniors' care

In case you missed it, peopleCare's Chairman and CEO, Brent Gingerich, was the featured guest on a recent episode of the podcast [Coming of Age](#) – a forum to share global and local knowledge and ignite discussion about seniors' care and the innovative changes needed. Throughout the episode, Brent shares his optimism about what's ahead for senior living: "We have an amazing opportunity to reshape things for the better, develop a pipeline of leadership and talent into our sector, which is a great place to work, and create these beautiful, caring communities for our seniors so they can live the best years of their lives."



Strategies to support employee wellbeing

Thinking about getting started on an employee wellness strategy in your organization? peopleCare paired up with the Canadian Mental Health Association (CMHA) Ontario to present at the Ontario Long-Term Care Association's provincial Fall conference to share learnings from peopleCare's journey to engage staff in co-creating an impactful organization-wide strategy ([Recovering Strong: Wellness, Together](#)). Click to [watch the video](#), then give peopleCare or the CMHA team a call with any questions (contact info in video).



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Let's get social





Workplace connection improves mental health

peopleCare recognizes that workplaces play a vital role in maintaining wellbeing, including by creating safe spaces where employees can freely discuss, address and learn more about how to improve mental health. As part of our ongoing efforts, we're partnering with [CMHA Ontario](#) to deliver [Your Health Space \(YHS\)](#) mental health training and resources in our LTC and retirement Homes. peopleCare was one of the first senior living organizations to implement the YHS program and staff say they've already noticed a positive shift in communication and support across departments and roles following the initial workshops. Plans for 2023 include more education and conversation centred around mental health, and other activities based, in part, on results from the organization's second [Employee Wellness Survey](#), which is currently underway.

Staff go the extra mile to give back

peopleCare's second annual [Walk to Wellness](#) was a resounding success, with hundreds of staff, residents, families and partners going the extra mile for a great cause and a chance to engage in an organization-wide experience focused on wellness, physical activity and camaraderie. All peopleCare Homes also hosted a variety of fundraising events. This hugely popular two-week experience was launched in 2021 after a survey told us staff wanted to focus more on wellbeing, reduce stress and reconnect with others. It has since evolved into a signature event of peopleCare's annual [Beyond Ourselves](#) fundraising campaign in support of [MEDA](#).



Votes are in!

We are proud to share that [Golden Years LTC](#) has been voted the best Nursing Home/LTC centre in Waterloo Region, as chosen by the community through the Record's [Readers' Choice Awards 2022](#). With a passion to consistently exceed expectations, peopleCare's dedicated team at Golden Years is well-deserving of this recognition. We are grateful for our community's vote of confidence and continuous support!

Safer med management through resident and family input

Building on our commitment to meaningful engagement that leads to better care and experiences, the team at our [Hilltop Manor LTC](#) is partnering with residents and families to improve medication management practices and satisfaction in the Home. Brenda Mercer is head of Hilltop's Resident Council. As a member of the medication safety committee, she and family caregiver Val Scherer surveyed fellow residents and designated caregivers on medication practices. Brenda noted it was a great opportunity for residents to share their thoughts on issues that matter to them. Val wanted residents to feel empowered and have a voice for questions or concerns. [Read the full story](#). Hilltop is one of [ISMP's Med Safety Champion Homes](#).



New book highlights transformative nature of music, movement and arts for older adults

Just in time for Alzheimer's Awareness Month, a new book called [Dance, Ageing and Collaborative Arts-based Research](#) shares the stories and learnings behind the incredible Sharing Dance program developed by [Canada's National Ballet School](#) and Baycrest. In the book's coda, peopleCare wrote about our [experience piloting virtual delivery](#) of the "at home" version, which enabled us to bring the transformative power of creative movement, music, and artistic expression to our residents, in a safe and accessible way, during a pandemic no less. Open access is available to [read the entire book online](#).

