

**BCTRA Town Hall – Older Adults/LTC [HOLIDAYS]**

November 26th, 2020

**Summary of Resources and Ideas Discussed:**

- **Decorations**

- [Saskatoon Health Authority Decoration Guide](#)
- [VCH IPAC Decoration Guide](#)
- [VIHA IPAC Decoration Guide](#)
- **Tips from the discussion:**
  - Keep trees out of patient care areas, and away from high traffic areas. If you can block it off so that it can be seen but not touched, that is even better.
  - Some places are saying no hanging of decorations from the ceiling, but others say that you can as long as you don't remove ceiling tiles to do it.
  - Minimal/no decorations on flat surfaces (tables, counters etc.)

- **December Programming**

- Gingerbread people decorating day (ADP sites in Interior Health) – everyone will have individual cookies and decorating supplies, and not sharing them
  - Buying supplies at Bulk Barn
- Christmas Bingo – purchased online (\$16 for 80 unique cards)
  - unique cards for all different group sizes
  - <https://www.momresource.com/christmas-bingo-cards-sales-page>
- Alternatives to Christmas Parties – residents
  - Ideas from discussion:
    - Socially distanced, individual food plates, staff doing carols
    - Santa appearance, but no individual photos/visits
    - Staff who play piano approved to around to different areas/neighbourhoods to entertain
    - Donations of pre-packaged, individually wrapped goodies (from an approved source); will deliver on decorated cards with music
      - Spotify account and speakers for carts
    - Photo booth items (easily cleaned) – taking pictures of resident and designated visitor during visit and provide copies to resident and families
    - Smaller events throughout the month for each neighbourhood
    - Have a designated space that you can easily sanitize, and bring the different groups to that space instead of doing carts.
    - Staff made angel wings against the wall, and did a photo-booth style picture with the resident as the angel (used a white sheet last year) to send to families.
    - 12 days of Christmas programming – something small every day leading up to Christmas (spreads it out, lessens the workload, easier to limit group size)
    - [Pacific Opera Christmas concert link – 20 minutes](#)
    - Tuck cart has been decorated for holidays, and will go around to each resident and let them pick something that they want.

- More independent residents – 25 days of celebrating the holidays
      - Distributing a calendar to all residents, and each day there is something to do that is Christmas/holiday related (simple things: go for a walk and look at lights, eat a Christmas treat)
      - If they do at least 10 of the days, they get entered into a draw.
    - Chanukah
      - Daily ‘candle’ lighting at sunset
    - Special treats (cookies, cupcakes) – packed in individual boxes
    - Costumes/special hats – some sites/health authorities allowed this for Halloween as long as it didn’t interfere with PPE, and the same will apply to December
  - **Gifts (from family to residents)**
    - Some facilities aren’t accepting things that aren’t essential (IHA), and haven’t received guidance about gifts.
    - For some sites it has to be in the facility by a certain date, or it won’t be accepted.
    - Some sites, it’s okay as long as the outside can be sanitized.
  - **Staff Appreciation**
    - Continental breakfast (prepackaged, individual food items)
    - Wine survivor
    - Gift cards/gift baskets with the budge that was for a party
    - Silent auction via zoom for staff – funds to go resident fund
    - Food trucks set up outside of the building – not a party, but people will get different foods (individually packed)
      - Will do a few different days to cover all staff possible.
  - **Online social visit booking system ideas**
    - Google sheets – families are sent the link, and they go into the spreadsheet and book their visits
    - Outlook email address/calendar
    - Specific phone number to call
    - signup.com (used in the US)
  - **Outdoor visits in the winter**
    - Portable heater and blankets
    - Catering tent with heaters (coded to COVID)
    - Rented containers for outdoor visits
  - **Sensory**
    - The scents and smells of Christmas and Chanukah, Kwanza, and Advent, Ukrainian Christmas in January, and all the other December occasions.
      - *Scent diffuser* with our Snoezelen Therapy - bring in several essential oils, such as eucalyptus, pine, cedar, fir, and juniper berry.
  - **Other resources:**
    - Clients who are hearing impaired, having trouble with communication due to masks.
      - Suggestions include purchasing personal amplifiers (like what fitness instructors use), Vocera devices, pocket talkers
    - GoldenCarers.com (Australian Recreation site) has good information about essential oils and which are safe to use.
    - The Adult Coloring Book: *Christmas Around the World*, purchased from Amazon.ca
      - Copy onto cardstock paper, then paint with water colors, and finally laminate. Each person is set up at their own table (or 2 to a table) with their own tools to paint. The pages have a history about each country and their customs and traditions.
      - We sanitize all equipment after use.

**Next meeting for LTC/Older Adults Community of Practice: February 1<sup>st</sup>, 2021 – 12:00pm PST**

If you have any questions, ideas, or resources you would like to share at the next meeting please email them to:  
[education@bctra.org](mailto:education@bctra.org)