

## PHYSIO/OT SERVICES

Maintain our Physio/Occupational Therapy Services at 4 hours per week. The services include comprehensive physio-therapy assessments that identify individual's physical status, current functional abilities and changes, rehabilitation needs and potential for improvement. The individualized programs address the resident's unique challenges and needs and are designed to restore or maintain the resident's quality of life, independence and overall functional status.

## MUSIC THERAPY

Music Therapy involves the thoughtful and informed use of music as a tool in addressing each individual's physical, emotional, cognitive, social and spiritual needs. Music Therapy provides positive experiences for our residents that include: stimulating memory recall through musical associations and facilitating relaxation that can promote sleep and decrease pain and anxiety. Our goal is to maintain this important program at 15 hours per week in order to provide more individual and small group support.

## BOARD OF DIRECTORS & OUR SOCIETY

The Board of Directors is comprised of twelve volunteers. Board members for 2016/2017 term are:

### Executive:

Michael Steffen, Chairman  
Tom Wilson, Vice Chairman  
Donna Trasolini, Secretary  
Armand Giroday, Treasurer

### Directors:

Joe Apolonia	Bob Lewko
Richard Da Costa	Stan Pidsadny
Jo-Anne Harrison	Greg Rahn
Ted Hawthorne	Frank Schober

Administrator: Dale Clements  
[dcllements@columbusresidence.ca](mailto:dcllements@columbusresidence.ca)

Administrative Coordinator: Holly Martin  
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### SOCIETY MEMBERSHIP

Membership in Columbus Long Term Care Society is \$25 (\$30 per family) per year and has benefits including: entitlement to vote at the Annual General Meeting and attend various social functions.

## *Columbus Residence*



Columbus Residence is a faith-based residence providing holistic health care to seniors.

Our care fosters a sense of community shaped by our beliefs and values, by the people in our community, and by our homelike surroundings.

## THE COMMUNITY

Opened in October 1990, Columbus Residence was founded by the Knights of Columbus, Vancouver Council 1081 and is owned and operated by the non-profit Columbus Long Term Care Society. The residence consists of two buildings: a 4-storey care facility and an apartment building with 23 one-bedroom suites for independent living tenants. The Care facility has 76 rooms comprised of 58 care rooms on the second and third floors and 18 rooms on the Special Care Unit, where residents with various cognitive impairments live.

All residents of B.C., regardless of their religious beliefs and ethnic backgrounds, who satisfy provincial requirements, are eligible to live and receive services at Columbus Residence.

## OUR SOCIETY

Columbus Long Term Care Society is governed by a group of volunteers dedicated to ensuring that Columbus Residence continues to be a home where seniors may live with dignity and respect.

## MISSION STATEMENT

Columbus Residence is a Catholic-based organization providing Complex Care and Independent Housing to those living in the Columbus Community. We are called to continue the healing ministry of Jesus and are committed to provide holistic, compassionate care in a multicultural, homelike environment.

## VISION

To be a home alive with hope, joy, meaning and motivation; entrusted to provide compassionate quality care to the community we serve.

## VALUES AND BELIEFS

In carrying out our Mission, we strive to live our values of Spirituality, Justice, Stewardship, Mission Integration and Ethical Reflection.

We believe in treating residents and their families, tenants, staff, volunteers and the general public with honesty, equality, compassion, dignity and respect. We believe in a wellness approach and in using a multi-disciplinary team to provide holistic quality resident care. Our approach includes:

- Focusing on our Mission as we integrate our beliefs and our actions
- Providing opportunities for spiritual growth and prayer
- Making a commitment to life-long learning opportunities
- Pursuing informed participative decision making and problem solving
- Providing opportunities for people to develop their potential
- Respecting and advocating residents' responsibilities and rights, including privacy, confidentiality, and individuality
- Creating a work environment that is consistent with our values

## OUR NEEDS

As we strive to meet the diverse, complex and increasing needs of our residents, while preserving our high standard of holistic care we must:

- Maintain our pastoral care and music therapy programs which help to restore meaning and a sense of well-being to the seniors we serve.
- Maintain our Physio/Occupational Therapy Services, at 4 hours per week, which are acquired through a private company. The services and programs have influenced our residents' overall performance with improvements in strength, balance, function, and transfer capability.

## PASTORAL CARE

We believe that spirituality can be a source of strength for residents, and add hope, meaning and motivation to their lives, especially in the ongoing transitions experienced in the aging process. Residents who do not have spiritual beliefs often benefit from emotional support.

*Our Pastoral Care Program is a core service at Columbus Residence, and is funded entirely by donations. In an effort to meet the growing demand for pastoral visiting and services and to strengthen our commitment to provide spiritual, sacramental, palliative, and bereavement support we hope to maintain the Pastoral Care Associate position six days per week and to provide spiritual and emotional support in the evenings.*