

HOW TO VISIT WITH A RESIDENT?

- Bring along some photos of a recent vacation to encourage discussion
- Talk about events in the community
- Enjoy a cup of tea or coffee
- Pamper their hands with lotion and a nice massage
- Share an interesting article or anecdote
- Go for a walk around the care home and see our beautiful gardens
- There are opportunities to garden together
- Reminisce about the “good old days”
- There are games, puzzles, coloring pages, and activities available that you can do together. There is a cabinet at each Haus filled with activities. You can also ask any recreation staff, they can set you up with an activity to do together.
- Participate in recreation programs, or bus trips
- Bring children/grandchildren and watch them play in our playground
- Bring a music player and sing-along to favorite songs
- Provide a tablet for residents to use for virtual visits, games, music or movies if they are able to use it.

How Can I Help?

We are always looking for donations of crafts supplies, plants, games, or anything that will entertain or enrich our residents lives.

Family make the best volunteers. They can support our residents, and help with recreation programs. We would like you to share your talents and skills with us. (e.g. music, gardening, cooking, baking)

Help Support our Christmas Fest.

- We need: Auction Items
- Your Participation
- Advertisement - Tell your friends and families

Our Affectionate Pets



We have a variety of pets that live and visit our home. We have a cat named Sasha. We have a fish tank at every Haus.

Some employees and families will bring their pets in to visit. We also, have a few pet therapy volunteers.

As long as your pet is vaccinated and friendly, please feel free to bring your friendly pets.

Pets are not permitted in dining areas.

Recreation & Residents

German-Canadian Care Home 2010 Harrison Drive, Vancouver BC. V5P 2P6 www.gcch.ca (604)713-6500



Annual Special Events

Christmas Fest

This is our main fundraising event of the year. There will be a virtual auction and German Food sale. All funds raised will go towards items that improve and enrich residents' lives.

Resident Christmas Gathering

Every resident has the opportunity to have a special Christmas family gathering. Each resident can invite one guest to a special Christmas event. Invitations go out in November.

Summer BBQs

Canada Day BBQ is a community event filled with entertainment, food and fun.

Family Day

It happens during the summer. Everyone is welcome and it's free of charge. There is food and activities for all ages.

Our recreation program focuses on improving and/or maintaining a level of participation that promotes meaning, wellbeing and an overall a better quality of life. When we create and implement programs we take a holistic approach that engages mind, body, and soul.

“Flow” is a term used by Mihaly Csikszentmihalyi that states, “enjoyment appears at the boundary between boredom and anxiety, when the challenges are just balanced with the person’s capacity to act.”

Our Model of Care, Comfortzeit™, is a resident focused approach to elder care, creating an environment that enables residents to participate in daily life and provides them with the possibility of creating their own personal routines and surroundings according to their wishes and preferences. Each resident should have the freedom to choose and determine themselves how their day unfolds, a freedom that is a basic requirement for feeling at home. Comfort, self-value, dignity, confidence and a sense of security.

We construct an environment that is engaging and inclusive based on resident’s past and present leisure pursuits, along with resident’s hobbies, skills and professions.

No matter the abilities of our residents, we have a variety of programs that are suitable, enjoyable and rewarding.

Revised October 2022

Commonly Asked Questions



When do you have recreation programs?

We have recreation programs seven days a week. They happen during daytime and evening hours.

Staffing and schedules may change during vacation and sick time, and for special events.

Where do I find the recreation calendar?

You can find our recreation calendar on our website at www.gcch.ca. Recreation staff would be happy to print you up a recreation calendar at your request.

How can I find out what my loved one is participating in?

Please contact the recreation team if you would like to provide us with any information, or if you want to inquire about your loved ones participation.

You can contact the Director of Recreation via phone, email, or in person.

Rosemary Kustner
Director of Recreation
(604)713-6531
rkustner@gcch.ca
or come to the Hobby Room- Room 151



How do I contact the Recreation Department?

Our Recreation Department is located in the Hobby Room on Dresden Haus room 151

Rosemary Kustner, Director of Recreation
(604) 713-6531 email: rkustner@gcch.ca

Recreation Department: (604) 713-6553

Our Recreation Team



Director of Recreation & Volunteer Services
Rosemary Kustner

Our Recreation Staff
Aleksandra
Jennifer
Jeanebleth
Waltraud
Sanambir
Reese

Music Therapist
Sue

Spiritual Care Worker **Art Therapist**
John Meighan

Our Recreation Programs

We create programs that help build social, cognitive, emotional, physical and spiritual health. Also, programs that cater to our residents leisure interests. Please see recreation calendar for programs, bus trips, spiritual services and special events.

Here is a brief description of some of the programs that we offer:

Creative Corner/ Art Therapy

Arts and crafts program that provides opportunity for self-expression and creativity.

Greenhouse/ Gardening

Provides opportunity for gardening. This includes making flower baskets, planting tomatoes and herbs, and creating garden crafts.

Stretch & Relax/ Pump it Up/ Yoga/ Fun & Fitness/ Ball Games/ Zumba

There are a variety of fitness programs for different interests and levels. Both Rehab and Recreation staff provide programs to support residents mobility, strength, and range of motion to improve or maintain overall physical function.

Spiritual Programs

There are a variety of spiritual programs and church services to support residents with their spiritual needs. Our Spiritual Care Worker comes twice a week for spiritual visitation. We have Catholic Communion on the first Sunday of the Month. Please see the calendar to see the dates and times of all the spiritual services.

Spiritual services can also be programs that are creative, musical, yoga/ mindfulness, reminiscing, and nature, etc.

Baking

Provides an opportunity for residents to get together to bake, socialize and enjoy the fruits of their labour.

Bus Trips

Provides an opportunity for residents to have fun outside of the care home. It provides a link to the community. There is generally a bus trip every Wednesday. We go on a variety of trips, such as to Walmart, restaurants, coffee shops, parks, beaches, temples, museums, etc. We go on scenic drives to see nature or popular attractions.

Music Therapy

There is a variety of music therapy programs for different musical tastes and interests. We have opportunities for sing alongs, music requests, choirs, concerts, and music making. Music therapy programs occurs four days per week.

Special Events, Entertainment & Pub Social

We have a variety of themed special events and entertainment throughout the month. Please take a look at our monthly calendar.

Trivia, Crosswords, News N'Views, Discussion Groups, Bingo, Reminiscing

We have a wide variety of mentally stimulating programs that promote thinking, socializing and expressing. Residents feel both rewarded and challenged.

Mens Group

Provides opportunity for men to socialize and share experiences in a male environment. In this program they work on projects, they have conversations, and discuss and watch sports.

German Hour

It is a social event in German that happens Monday afternoon at 2:00pm. There is coffee, cake, poetry, music and good conversation.