

# Newsletter

## Summer 2016



PRO VITA  
CARE MANAGEMENT

### Message from our President

With another summer almost behind us, I hope everyone had a chance to relax, refresh and enjoy the summertime activities.

2016 has been a great year so far. We have welcomed three new sites, and over 200 new employees to our team. I would like to take this time to recognize all of our team for everything you do for our Group of Companies. I look forward to what the rest of the year will bring!



**Art Forster**  
President and CEO,  
Pro Vita

### Message from our Executive Vice President

I would like to thank all management and staff for an incredibly successful first half of 2016. Keep up the great work.

I would like to extend formal congratulations to the Occupational Health & Safety Team and all of the sites and staff involved in the 2016 Certificate of Recognition (COR) Audit that was conducted in June 2016. This is a huge achievement for our company and each of you individually.



**Yasser Barsoum**  
Executive Vice President,  
Pro Vita

## Certificate of Recognition

**Congratulations to Pro Vita and  
Thank You to everyone who participated  
in the COR Audits in June 2016.**



*The Certificate of Recognition (COR)  
is nationally trademarked and endorsed.*

COR is an initiative that recognizes and rewards employers who go beyond the legal requirements of the Workers Compensation Act and the Occupational Health and Safety Regulation by taking a best practices approach to implementing health, safety, and return-to-work (RTW) programs.

The program promotes the concept of managing health and safety equally with other components necessary for a successful business, such as profitability and productivity.

## Take Me Out to the Ball Game!



## Care Provider of the Year

**Congratulations to Irene Lean of WestCana** who was awarded the BC Care Provider of the Year Award for 2016 by the BC Care Providers Association.



“

*Irene was nominated by the site she works at by the site administrator. The nomination was as follows: “Irene goes above and beyond her duties as housekeeper to provide care for the residents in her unit. Over her 20-plus years here, she has proven her dedication to her co-workers, the residents and their families.”*

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## Musculoskeletal Injury Training Program

Musculoskeletal injuries (MSI) tend to occur when the physical demands of the job task exceed the physical capabilities of the worker, resulting primarily in strain or sprain type injury. In an effort to reduce these types of injuries, ProVita launched a MSI Training Program in June.



A workplace champion from each site volunteered to attend a 1 day training seminar lead by Personal Trainer and Kinesiologist, *Sasha Myers from True North Strength and Fitness*. These staff were given information and training to be able to roll out MSIP Training at each site in the coming months.

## New Sites



ProVita welcomed three new sites to our family in 2016. Please join us in wishing a warm welcome to the managers and staff of these sites.

## Exemplary Accreditation

Congratulations to two sites who underwent Accreditation recently and received Exemplary Status!



## Site Tarantula Challenge



## Staff Appreciation

And a dance off Happened!



## Anniversaries

**5 year:** J. Krishna, E. Kaertner, A. Rafat, J. Bajaj, K. Angeles, S. Mehat, M. Lau, C. Pagal, H. Nguyen, K. Underwood, C. Domingo, H. Chang, E. Jerodico, S. Mangat, A. Gill, A. Kinley, H. Mcrae, P. Pastro, T. Mackenzie, T. Dhillon, G. Gill, R. Ram, L. Hodgson, C. Palmer, N. Vasquez, L. Cortel, H. Deol, L. Manodon, R. Hunt, R. Deol, C. Cabuhayan, C. Almadin, N. Tabbert, M. Lopez, L. Dowlatuaridowlatdoost, Z. Werede Wrufael, A. Dhaliwal, S. Faiz, E. Lopez and M. Tamo

**10 year:** E Fiodorov

## “Connecting the Generations” Art Program



One of our sites on Vancouver Island hosted an art program from February until May 2016 in partnership with Bayview Elementary School. The program was led by local artist and Art Education Coordinator for the Nanaimo Art Gallery, Yvonne Vander Kooi.

Under her direction, the seniors and students buddied up each week and worked in a variety of mediums – charcoal, pastels, collage and acrylic paint to create each participant's ideas about community.

The goal of the program was to connect the younger and the older generations. At the end of the program they held an art show and celebration. It was great fun and children and seniors alike were delighted with their new friendships and very proud of the art work they created together.

# Site 10 YEAR

## Anniversary Celebration



## Marina's Mango Salsa



### PREPARATION

Combine all ingredients in a small bowl; stir well. Cover and chill.

### INGREDIENTS

2 cups of diced peeled ripened mango  
2/3 cup of finely chopped red bell pepper  
1 shot of tequila OPTIONAL, but it tastes much better with it :)  
1 cup of diced tomatoes  
2/3 cup of tomato paste  
1 tbsp minced seeded jalapeño pepper  
3 tbsp of minced shallots  
1/2 cup of chopped fresh cilantro  
1/4 teaspoon salt and black pepper

## Summer Greek Salad



### INGREDIENTS

6 Tbsp olive oil  
2 Tbsp fresh lemon juice  
1/2 teaspoon fresh chopped garlic  
1 teaspoon red wine vinegar  
1 teaspoon chopped fresh oregano  
1 teaspoon chopped fresh dill  
Salt and freshly ground black pepper  
3 large plum tomatoes, coarsely chopped  
3/4 cucumber, peeled, chopped  
1/2 red onion, peeled, chopped  
1 bell pepper, coarsely chopped  
1/2 cup black olives, coarsely chopped  
A heaping half cup crumbled feta cheese

## Site Emergency Response Execution

We would like to extend a big Thank You to all of our staff at Villa Carital for everything that each team member did to contribute to the fire relief efforts, after a fire at the site in April 2016.

The Emergency Response Plan was executed flawlessly and all staff responded to this emergency with the utmost professionalism. The staff were recognized by the City of Vancouver and Vancouver Fire and Rescue Services for their quick action.



FIRE AND RESCUE SERVICES  
Office of the Deputy Chief  
Operations/Support  
Brian Godlonton

March 21, 2016

Inez Hutchinson  
Care Manager, Villa Carital  
3050 Penticton Street  
Vancouver, B.C.  
V5M 4W2

Dear Inez,

RE: Commendable Emergency Preparedness Efforts by Villa Carital

On behalf of Vancouver Fire & Rescue Services, I wish to recognize the emergency preparedness measures put in place by the staff and residents Villa Carital.

The effort the Villa Carital staff has put into emergency planning, and the development of an emergency evacuation plan greatly assisted our fire crews during the 3<sup>rd</sup> alarm structure fire which occurred on March 20<sup>th</sup>, 2016.

Your quick action in outlining your fire response plan with our Fire Officers was greatly appreciated and allowed for our staff, in conjunction with Vancouver Police Department and BC Ambulance services, to work quickly and effectively to evacuate all residents and staff in a safe and timely manner.

In closing, I would like to recognize Villa Carital for undertaking the necessary steps to ensure your facility is able to prepare for, respond to, and mitigate against emergencies.

Yours truly,

Brian Godlonton  
Deputy Chief Operations/Support

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