

## MCCC Website Video

Dyan Gundert, Family Member:

In about when she was in her early 70's, I noticed her mind was starting to go, like, she would put things in the fridge when it should have been in the cupboard and in the cupboard when it should have been in the fridge.

She would forget where she was when she drove into Barrie, so we knew that her mind was starting to go.

Beulah McBride, Resident:

I had a stroke, I guess it's three years ago. My stroke was a complete disaster for me.

DG:

And I realized, "Well, Mom, one of these days you might go into a nursing home." Not that I wanted her to but I thought it might happen one day. My concerns about Mom coming into a Long Term Care mainly were: Is she going to be okay? Is she going to be happy? Is she going to miss being home? But if you can find a nursing home that does everything that you can possibly do at home for your parent, that's what you want.

Karie Warnar: Administrator

We recognize at Mill Creek that for families to make the decision to place their loved one in long term care is a really big decision. And we do our best to make that experience as smooth as possible for both the resident and the family.

### A PERSON CENTERED PHILOSOPHY

Harold Marr: Resident

Well, I remember that day we moved here. The staff just made us welcome from day one.

KW:

What's important to me about the resident experience here at Mill Creek is that residents are seen as the people they were before they moved in. We still recognize the person for who they are. We get to know them on that level and we incorporate the family in helping us get to know their loved one.

DG:

Mill Creek makes my mom feel wanted, loved. They treat her with a great deal of respect. They give her dignity. They let her live as though she's living on her own, still. They allow her to make her decisions. They always give her choices. And that keeps an elderly person feel like they're in control, that they still have a life.

## **KEEPING ACTIVE:**

Beulah McBride:

After I came to Mill Creek they started to feel that there was something I could do. The girls wanted to know if they could take me for a walk or go for a bicycle ride. I wasn't doing so good but each time I got on it I got better. I wanted to walk since I had the fall and I'm getting stronger with it and it's only because of the people I'm walking with.

## **FAITH AND SPIRITUALITY:**

Siebert VanHouten, Chaplain::

All of us are on a life journey, a spiritual journey, and as people come here into our home we very much want to help them continue that journey. At Mill Creek what we do is to integrate the spirituality of the person into the care plan, into all the activities that we plan and in general the care that we provide for our residents, because, we too, believe that spirituality, religion, faith is an integral part of a person's life. So as staff as a home we stay you are important to us and we are here to help you in that journey.

## **STAYING INVOLVED:**

Michelle Kewell, Program Therapist:

As a program therapist our goal is to meet the needs and the wants of the resident here. They come in with hobbies and interests and we not only want them to maintain those hobbies and interests but we also want to offer the opportunity to develop new interests. We offer a program here that is very unique called rhythm circle. What this is, is a drumming program that uses African Drums and Buffalo Drums and various instruments. It allows them to experience some self expression. For some people they've never even touched an instrument before and now they're getting the opportunity to try new things and develop new interests. A lot of our residents have really taken to this new drumming circle and we're really excited about this.

HM:

Everyday there is something new and different around here that you just can't get bored.

MK:

To see how our programs affect the residents here is very fulfilling because a lot of them walk away with a smile on their face and feeling satisfied with what they've just accomplished. Everyday is a new experience and we're about having fun.

## **A BEAUTIFUL HOME:**

KW:

What's special about Mill Creek is the design of our home. Our home lends itself, fabulously, to some of best practices in long term care currently. Our home gives residents the opportunity to wander freely in a safe environment as the perimeter of our building is completely secure.

DG:

Mill Creek has an amazing courtyard. In the summer time or even throughout other parts of the year, like fall, if it's nice enough outside for my mom, I'll wheel her out there, we'll sit in the court yard. Sometimes there's other people out there, as well and we'll all sit and visit together. When I'm in Mill creek Care Centre I feel that I'm in an extension of my own home

KW:

It's the environment. It's the welcome that they get. It's the reception they receive. It's the look on the faces of the residents that pass by in the hallways that gives them the comfort knowing that this is the right place for their life.

DG:

So she's here. She's here for the rest of her life. And she loves. I'm very happy that she's here.

BM:

The staff in Mill Creek is more like my family.  
I can't say enough about them.  
I will always thank them. It's my family.