



# BSO Provincial Pulse

At the Heart of System Transformation



---

## In this issue:

- 2 | Craft Corner
  - 3 | Letters of Lived Experience
  - 4 | COVID-19 Resources
  - 5 | BSO Provincial Updates
  - 6 | BSO Teams in Action
  - 8 | Wellness
  - 8 | Contact Us
- 

## Welcome

June is Pride Month, Seniors Month, National Indigenous History Month and the return of the BSO Provincial Pulse Newsletter!

We stand in solidarity with the LGBTQ2S+, older adult and Indigenous communities and remain firmly committed to expanding our knowledge and resources to support all older adults with truly person-centred care.

Follow us on Twitter @BSOprovOffice and join us in celebrating our diversity all month long.

---

# Craft Corner

How to Make Kokedemas - a form of Japanese garden art meaning “moss ball”.

## What you’ll need:

- Potting soil
- Peat moss
- Water
- Scissors
- String
- Plant of your choice
- Bucket
- Tarp (to cover work surface)
- Gloves (optional)

## Making your Kokedemas:

- Prepare your work surface by laying out the tarp and donning your gloves.
- Moisten the moss if it’s the dried variety by soaking in a bucket of water for an hour. Squeeze it out and lay aside until the last step.
- Scoop out the soil (depending on your desired size of ball) onto your work surface. Add water gradually to your soil until the medium can be gathered into a ball. Press it firmly all around to adhere the soil together and squeeze out any excess water.
- Remove your selected plant from its container, dust off the soil and gently break apart the roots. Make a hole in your soil ball big enough to push in the roots of the plant. Spray the soil with water to keep it moist and workable during this process. Push the soil around the roots and compact it around the base of the stem.
- Press the moss around the form until all the surfaces are covered. Use twine or string to wrap the moss onto the ball with at least two passes around the surface. Cut away the excess string and fix the ball to a piece of wood, hang in an appropriately lighted area or place in a container.



*Photo retrieved from [Better Homes & Gardens](#).*

*Retrieved from [Gardening Know How](#).*

---

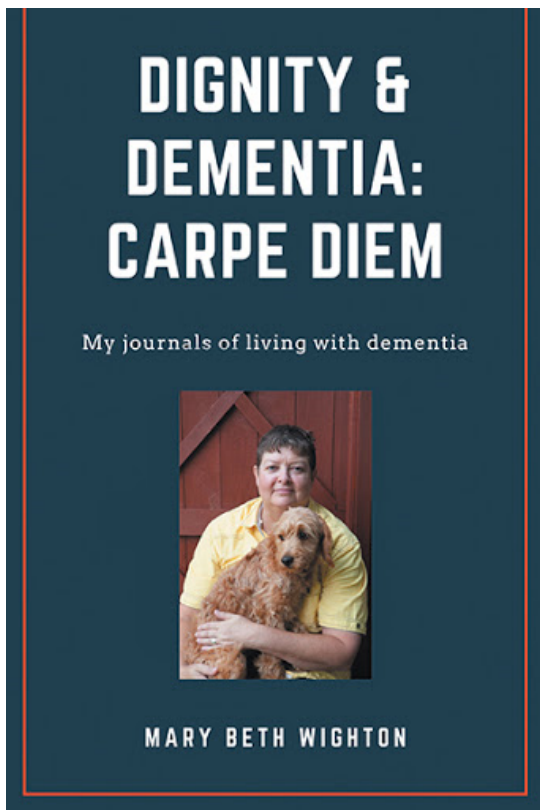
# Letters of Lived Experience

Dignity & Dementia: Carpe Diem. My journals of living with dementia

By Mary Beth Wighton

I was diagnosed at the age of 46 with young onset probable frontotemporal dementia. It took 4 years and over 12 different diagnosis' to finally receive it. People tried to be helpful suggesting different books that I "must" read: The 36-hour day (tells me that the disease is brutal and time-consuming) and Still Alice (a book about a person with dementia planning her own suicide). There wasn't a book, written by someone with dementia, to provide an accurate and unflinching story of what it is like to live with this incurable, progressive and terminal disease.

It was soon after my diagnosis that it was suggested to me that I consider writing down my experiences. Perhaps it could be therapeutic. And so it began. I had never kept a journal and wasn't sure how I was going to go about it. But, as soon as my fingers touched the keyboard, my mind lit up with words and ideas. It was then translated into stories, and commentaries of my life.



*We are privileged to have Mary Beth as part of our BSO Provincial Team and look forward to being further inspired by her words as we join in the celebration of the release of her book.*

The writing was raw – captured emotions of anger, sadness, regret, fear, happiness, and contentment. I would print out my journal entry and read it to my life partner Dawn. She cried, laughed, and hugged me. It became my tool to help communicate to her what was going on with me cognitively, emotionally, physically and spiritually.

I began sharing my journal entries with some close friends and family. The responses were compassionate, thoughtful, and encouraging. A few Alzheimer Society chapters caught wind of my writings and asked for permission to post them on their web page. Some university professors began to use them as a tool to help students understand what it is really like to have dementia – from the true expert.

## **I was told to write a book. What? Me a writer?**

Hmm. Why not write a book? I could take all my journals, which included over a hundred entries of the first six years of my journey and compile them as a book. This is when I began a dialogue with FriesenPress, a self-publishing company. It took over a year of submitting files back and forth before the final version of the book was finished.

---

# Letters of Lived Experience - *continued*

## Dignity & Dementia: Carpe Diem. My journals of living with dementia

Being that we are in a pandemic, the celebration of the release of “Dignity & Dementia: Carpe Diem” did not follow the traditional route. Instead, Dawn hosted a Zoom party for our family and friends. It was with great pride; I shared an electronic copy of it.

The book has been received with great enthusiasm. Researchers and educators have expressed their interest and desire to share it with their students and colleagues. One individual ordered 400 signed books to be sent to each member of Canadian parliament and the Senators! Another purchased 100 signed books to share with their colleagues.

Dawn and I have begun to reach out to different educators. It is our true hope this book challenges the stigma perception of dementia. I have chosen to not have the book edited for errors. It is exactly how I wrote it – mistakes and all. My journals are a true testimony that you can live well with dementia and that you do not immediately go to end stage following a diagnosis. And thus, the importance of carpe diem.

The next time you hear of someone who is diagnosed with dementia, I hope you will consider recommending Dignity & Dementia: Carpe Diem. That is of course if they want the real story!

**Dignity & Dementia: Carpe Diem. My journals of living with dementia is available for purchase [here](#).**

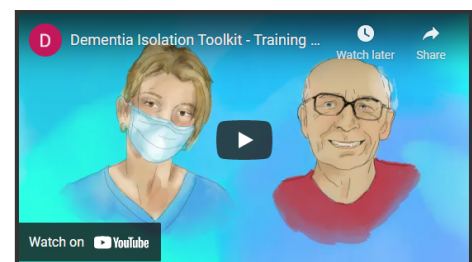
---

## COVID-19 Resources

### Dementia Isolation Toolkit Training Videos

The Dementia Isolation Toolkit (DIT) Team has created two new training videos to help you use the DIT: [Ethical Guidance Tools](#) & [Person-Centred Isolation Care Plan](#).

The DIT project, led by Dr. Andrea Iaboni, features a variety of tools to support the isolation of long-term care residents living with dementia in a way that is compassionate, safe and effective, and that makes the use of person-centred care approaches. The Toolkit includes an Ethical Framework, an Ethical Decision Making Worksheet, a Person-Centred Isolation Care Plan and a variety of Communication Tools.



**For more information, visit the [DIT website](#).**

---

# BSO Provincial Updates

Here's a snapshot of a few things we've been up to!

## New Releases:

- **Behavioural Supports In Acute Care: Collaborative Voices Leading to Key Recommendations Infographic**  
*To support the dissemination of key recommendations found in the Behavioural Supports in Acute Care: Current Practices and Opportunities for Growth Report.*
- **My Transitional Care Plan during the COVID-19 Pandemic (version 2.1)**  
*A supportive tool to plan and facilitate moves across all sectors. Available in both English and French. Now updated to reflect new isolation directives.*
- **French Translation of the BSO-DOS® Resource Manual**  
*To accompany the French BSO-DOS®, Start-up Checklist and User Guide.*

## Upcoming Events:

### Mark your calendar for BSO's 'Spring into Summer Virtual Wellness Event'!

This one-hour event will be hosted on **June 24th, 2021**.

Featuring keynote presentation

*The Real Deal: Your BSO Role, Wellbeing and the Impact of COVID-19*

*Presented by: MéliSSa Laroche, Advanced Practice Nurse in Geriatrics, Queensway Carleton Hospital, Kelly MacGregor, Behaviour Support Nurse, Queensway Carleton Hospital & Christine Cook, Behaviour Support Nurse, Queensway Carleton Hospital*



**Followed by your choice of Wellness Activity:  
Gentle Yoga, Laughter Gym or Music Therapy**

**This event is free for all BSO Team Members and extended partners.**

**Registration is now open!**

**[Register for Timeslot 1](#)**

**10:30-11:30**

**[Register for Timeslot 2](#)**

**14:30-15:30**

**[Register for Timeslot 3](#)**

**19:30-20:30**



---

# BSO Teams in Action

## The Hamilton Niagara Haldimand Brant (HNHB) BSO Long-Term Care Team is Championing Change!

In March 2020, the BSO Hamilton Niagara Haldimand Brant (HNHB) Long-Term Care team embarked on a journey to champion change in its efforts to promote person- and family-centred care. This spurred the team to being approved to start its pre-designation process and collaborate with the Registered Nurses' Association of Ontario (RNAO) to become a Best Practice Spotlight Organization (BPSO). “BPSO designation is an opportunity for health service and academic organizations to formally partner with RNAO over a three-year period to achieve designation. [...] The goal is to create evidence-based practice cultures through systematic implementation and evaluation of multiple RNAO clinical Best Practice Guidelines[1]”. The BSO HNHB Long-Term Care team is the first program of its kind to begin the journey for this designation.

This team effort started with forming a working group consisting of multidisciplinary professionals, as well as family representation with the task of identifying gaps in our service delivery related to person- and family-centred care in the HNHB Long-Term Care Homes we partner with. We identified the key priority in regards to increasing the involvement of residents and their families in their care. Inspired by our team’s passion to champion change, at a staff meeting in December 2019, we asked everyone to write the word that best describes his/her answer to the question: “How will I champion change?”. Their words were used to form our team’s BPSO branding which became our collective identity (please see word art tree).



**Championing Change**  
Hamilton Niagara Haldimand Brant Behavioural Supports Ontario  
Soutien en cas de troubles du comportement en Ontario de Hamilton  
Niagara Haldimand Brant

In order to measure change, we started collecting data in October 2020 with regards to the number of contacts made reaching out to families. We also created a new resident and family survey to gather feedback about their overall level of involvement in their care planning and to gauge their satisfaction. Since the implementation of this new process, we noticed a gradual increase in the survey return rate from 24% in October to 74% in January.

We are reaching an exciting point in our pre-designation journey whereby we have started to observe a culture shift: the data from our resident and family survey is continuing to indicate an increase in the number of contacts with families.

---

[1] <https://rnao.ca/bpg/bpso>

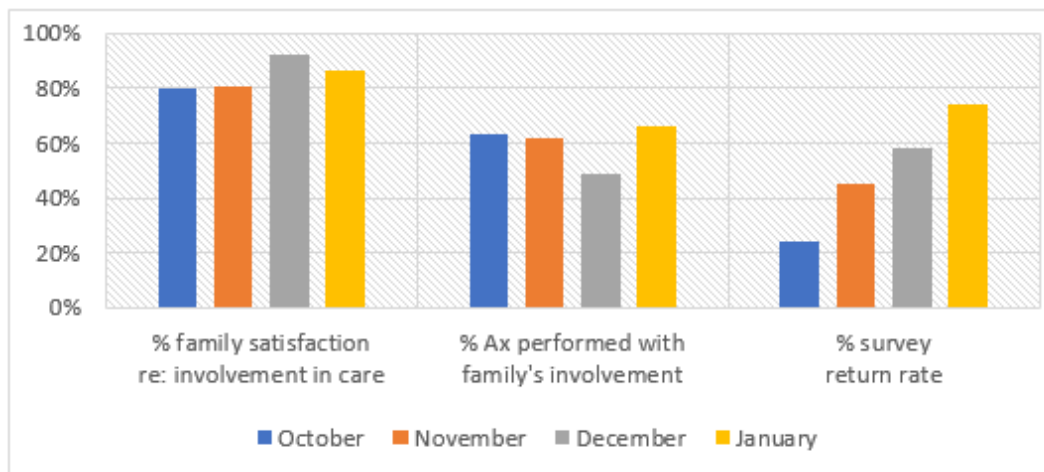
---

# BSO Teams in Action - *continued*

## The Hamilton Niagara Haldimand Brant (HNHB) BSO Long-Term Care Team is Championing Change!

On average, residents and families are involved 60% of the time<sup>[2]</sup>. Also, formal and informal feedback indicates that families and/or Power of Attorney are grateful for BSO's frequent updates and that these contacts helped them feel more connected to their loved one, especially during the pandemic when most family members could not visit or speak to their loved ones.

We also see a correlation between this work and our families' overall satisfaction with their involvement. In December, families' satisfaction with their involvement in care planning reached 92%.



As we instigate this three-year journey of growth and discovery as a team, we look forward to sharing our findings with fellow BSO programs across the province.

***This work is part of the BPSO® Designation, funded by the Government of Ontario. For more information about the RNAO BPSO Designation please visit [www.RNAO.ca](http://www.RNAO.ca).***

For further information with regards to the Best Practice Spotlight Organization designation initiative and HNHB's journey and commitment towards its achievement, please connect with:

**JoAnne Chalifour**  
BPSO Project Manager  
BSO HNHB LTC Team  
jchalifour@sjv.on.ca  
905-818-4840

---

<sup>[2]</sup> In the context of COVID-19 pandemic with many barriers to services (e.g. no access to residents during outbreaks)

---

# Wellness

## Birdwatching and Your Mental Health

According to a [study](#) from the University of Exeter, people living in neighbourhoods with more birds, shrubs and trees experience less anxiety and depression and an overall better sense of wellbeing. “Birds around the home, and nature in general, show great promise in preventative health care, making cities healthier, happier places to live”, said Dr. Daniel Cox, researcher who led the study.

Whether you are taking a socially distant walk in your neighbourhood or drinking your morning coffee by the window, we encourage you to try and spot a few of these feathered creatures for yourself!






Learn more about birds and mental health from [Nature Canada](#).



---

# Contact Us

Our lines of communication are always open.

-  [provincialBSO@nbrhc.on.ca](mailto:provincialBSO@nbrhc.on.ca)
-  1-855-276-6313
-  [www.brainxchange.ca/BSO](http://www.brainxchange.ca/BSO)
-  [www.behaviouralsupportsontario.ca](http://www.behaviouralsupportsontario.ca)
-  @BSOprovOffice



Click [here](#) to subscribe to the BSO Provincial Pulse Newsletter.