

## GRACE MANOR FAMILY COUNCIL MEETING NOTICE & AGENDA

<b>Date:</b>	<b>Wednesday , 8 January 2025</b>
<b>Time:</b>	<b>2:00PM to 3:00PM</b>
<b>Location:</b>	<b>Topic: Grace Manor Family Council Meeting Zoom Meeting</b> <b>Join Zoom Meeting</b> <a href="https://zoom.us/j/99211292179?pwd=0asY6eSAi7vPaAQDOtV9hIPzu0U8Gc.1">https://zoom.us/j/99211292179?pwd=0asY6eSAi7vPaAQDOtV9hIPzu0U8Gc.1</a> <b>Meeting ID: 992 1129 2179</b> <b>Passcode: 1234</b>

AGENDA Items
<p><b>Welcome - Michelle</b></p>
<p><b>Old Business</b></p> <ul style="list-style-type: none"> <li>• <b>Approval of previous 13 Nov 2024 meeting minutes - (1 min)</b></li> <li>• <b>Review: November Meet and Greet ( 1 min)</b></li> </ul>
<p><b>New Business</b></p> <ul style="list-style-type: none"> <li>• <b>Eden Alternative Model Overview (30 min) – Amanda and Justine</b> <ul style="list-style-type: none"> <li>○ See the appendix below for a short summary</li> </ul> </li> <li>• <b>Update: GM Resident Activity Kits – Patricia R and Kris N (10 min)</b></li> <li>• <b>HCH Telephone Service Disruption ( 2 min) – Justine</b> <ul style="list-style-type: none"> <li>○ Investigation results, next steps, etc.</li> </ul> </li> <li>• <b>2024 Family Experience Survey – any preliminary results? ( 2 min) – Justine</b></li> <li>• <b>Roving Minstrel(s) – family member suggestion for residents confined to their rooms ( 1 minutes )</b></li> <li>• <b>Home Updates –Justine (10 min)</b></li> </ul>
<p><b>Fundraising / Projects</b></p> <ul style="list-style-type: none"> <li>• <b>Current Financial Statement - Denise</b> <ul style="list-style-type: none"> <li>○ \$3,000 in available funds to be allocated to creation of Activity Kits.</li> </ul> </li> </ul>
<p><b>Closing Remarks/Reminders</b></p> <ul style="list-style-type: none"> <li>• We need your good ideas and observations to help improve the quality of life and care for the residents. Please consider volunteering for a role on the Executive Council or as an Advisor.</li> <li>• <b>Next meeting: Wednesday, 12 February 2025</b> at 2:00PM by Virtual Zoom.</li> <li>• Send your comments and suggestions to: <a href="mailto:gracemanorbramptonfc@gmail.com">gracemanorbramptonfc@gmail.com</a></li> </ul>
<p><b>Meeting adjournment</b></p>

### Appendix - THE EDEN ALTERNATIVE CARE MODEL

The Eden Alternative is a philosophy of care that aims to enhance the quality of life for elders in nursing homes and other long-term care facilities. Founded by Dr. William Thomas, the Eden Alternative focuses on creating a positive and engaging environment for residents by transforming the way care is provided.

Although it's not a formal accreditation, an Eden nursing home agrees to abide by the Eden Alternative's principles and work to create a better and more comfortable environment for its residents. A nursing home can apply to become an Eden registry member on the [Eden Alternative website](#).

Once approved, the now Eden nursing home receives an "Eden tree plaque," which they can display on their website. This lets others know that they are committed to the Eden Alternative 10 principles as an Eden Alternative member.

#### These principles are:

1. The elimination of loneliness, helplessness, and boredom, which can negatively affect the health and well-being of residents in long term care.
2. Residents experience a feeling of well-being in a caring, inclusive, and vibrant community.
3. When residents have access to the companionship they desire, they thrive. This is an effective way of combating loneliness.
4. An antidote to helplessness is when residents have purpose and the opportunity to give as well as receive.
5. An antidote to boredom is when residents have variety, spontaneity, and unexpected events in their lives.
6. Having meaning in their lives is essential for residents. Meaning lifts the human spirit and contributes to their overall health and well-being.
7. Medical treatments should support and empower residents to experience a life worth living. This is because residents in long term care facilities are [more than just their medical diagnoses](#).
8. Decision-making should involve the residents who are impacted the most by the decisions. This gives residents a feeling of empowerment, and they don't feel helpless.
9. Keep learning, adapting, and growing. This is because changing a nursing home's culture to create a better one takes time, and it is a never-ending process.
10. Wise leadership is needed for meaningful and lasting change.

## The Eden Alternative Domains of Well-Being

The Eden Alternative ® aims to revolutionize the experience of home by bringing well-being to life. “Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective, and the most valuable of all human possessions.” - Dr. William Thomas, *What Are Old People For?*

### The Domains of Well-Being are:

**Identity:** Being well-known, having personhood and individuality; wholeness; having a story.

**Growth:** Development, enrichment, expanding, self-actualization.

**Autonomy:** Choice and self-determination; freedom from the arbitrary exercise of authority.

**Security:** Freedom from fear, anxiety, and doubt; feeling safe; having privacy, dignity, and respect.

**Connectedness:** Belonging; feeling engaged and involved; having close, meaningful relationships.

**Meaning:** Purpose; activity that speaks to one's personal values; rituals, recognition, and self-esteem.

**Joy:** Happiness, enjoyment, pleasure, contentment.