



## *Words from our Leadership*

We are thrilled to connect with our Birches community to share a look into our world throughout the 2022 – 2023 year.

While learning to live in our new normal with COVID-19 in the community, our staff, residents, and families met new challenges with the addition of both influenza and RSV outbreaks. As expected, our remarkable team handled these hurdles with grace and conviction to ensure minimal spread of infections. We appreciate the collective efforts to ensure the health and safety of our residents through a desire to continue to do all we can to offer comfort, care, and compassion to those we serve.

The Birches Nursing home has been working alongside the Minister of Health and Wellness as well as the Department of Seniors and Long-Term Care to make certain we meet and exceed the expectations of our residents by continuously improving on the quality of person directed care we deliver. Additionally, we strive to listen to the needs of our staff and forge ahead with a workplace where our team feels understood, valued and respected.

We will continue to advocate for needed improvements in our home and sector through the Joint Advocacy Committee of the Birches and Ocean View Boards of Directors; our membership in various associations; as a team: and as individuals. This year, members of our team wrote to the Minister of Seniors and Long term care about our concerns regarding the sustainability of not for profit long term care homes in Nova Scotia Together; our voices continue to create change!

Our team has been working diligently towards developing a *NEW BUILD* for the Birches. We are thrilled that this project is moving forward at an impressive pace. Our seniors in long term care are a priority and deserve the safest space to live that we can provide.

A new year also brought us a New Executive Director. In January, we welcomed Angela Berrette into a new leadership role. She has been working closely with Dion Mouland-Pettipas, President/CEO, as well as leadership staff to ensure our continued focus on resident care. The addition of Angela's role also furthers our commitment to building on our shared services relationship with Ocean View Continuing Care Centre. To that end, the Boards of both homes struck a Committee to explore a closer working relationship for the future. A recommended approach is expected to be adopted and implemented in the next fiscal year.

# Report to Our Community 2022-23

If the last few years have taught us anything, it is that while change can feel overwhelming, it can be exciting as well! As we move through what sometimes feels like unpredictable times, we optimistically look forward to the opportunities that await us as we embrace exciting changes to our home and work place, as well as continue to welcome new team members to our staff and board.

The dedication of our employees and volunteers in their respective roles makes certain we remain leaders in continuing care. We are fortunate to work alongside a committed team with invaluable expertise and passion as we take on what's next for 2023 and beyond!

We thank you for your commitment to the Birches community and invite you to join us in celebrating the wonderful things our team has accomplished throughout this year!



Rick Anderson,  
Board Chair



Dion Mouland-Pettipas,  
President & CEO



I started my Journey with The Birches Nursing Home and Ocean View Continuing Care Centre in January of this year. In my new role as Executive Director, I am ready to lead the implementation of our strategic plans and accreditation processes.

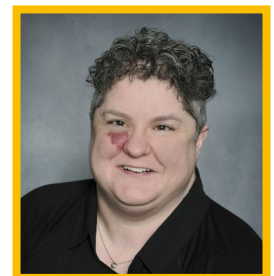
Ensuring the decision makers and the government hear the voices of the Birches and Ocean View and continuing to build on the reputation of both homes in the community are some of my priorities. I am committed to making positive changes within our organizations by ensuring we support our staff in all aspects of their work, while continuing to remain resident focused.

As I get to know the dedicated teams of the Birches and Ocean View, it is clear that through their daily roles, staff and volunteers are committed to ensuring residents feel safe and seen.

It is an exciting time for long-term care and we recognize that with the ever-developing needs of our industry there is ample work ahead of us. With the commitment of our employees, I'm confident we will continue to reflect the Birches philosophy of care through the work we do, and ensure we treat residents with respect, care, and empathy through individualized care plans.



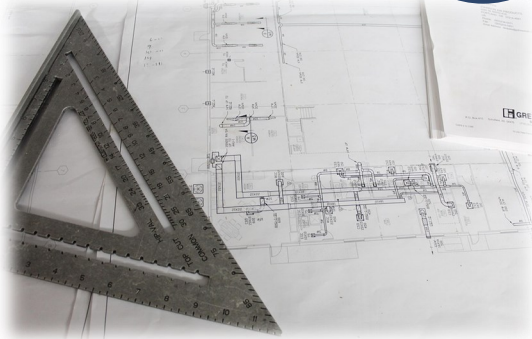
Angela Berrette,  
Executive Director



## *The Birches Rebuild Project*

In 2021 the Government of Nova Scotia announced that our facility would be replaced. Since that time, our team has been hard at work laying the groundwork for that project!

### Step **4** Concept Design



We are thrilled that the project to build this new facility is moving forward at an impressive pace. Our seniors in long term care are a priority, and deserve the safest space to live that we can provide.

**Step 4** of the process has been completed and submitted to the Department of Seniors and Long Term Care (DSLTC) in December 2022. We are currently awaiting their review and comments.

#### **This included:**

- Production of the layout (concept) design of the new facility with large scale drawings printed. This has been very exciting for the team and we are very happy to be able to share this with everyone!
- Updating of project budget, including the costing of equipment, furniture and fixture that will be required in the new building.

We have narrowed the site selection down to our top two sites and are in the process of negotiating the purchase of land from our #1 choice.

This process will include an appraisal of the land, which is already underway.

While waiting for comments back from DSLTC on Step 4, we are preparing to work on Step 5 (Schematic Design).

As part of this step we are preparing tender documents to have the following services conducted as part of our due diligence for the purchase of the land:

- Geotechnical Investigation
- Topographical Survey
- Hydrological Study



# Living and Working at the Birches

Lyndsey started at the Birches as a Registered Nurse in the spring of 2022 and recently accepted her new temporary position as Nurse Manager. She is excited for the opportunity to further support the team at the Birches in enhancing resident and family centered care.



**Lyndsey Sundstorm, RN  
Nurse Manager**

In her new role, Lyndsey helps foster the development of relationships with our residents and their families.

"I love being able to do something special for a resident to make them smile, such as playing their favourite music or bringing one of our cats over to say hello", she shares.

"I feel that in building strong relationships and learning who a resident is in terms of their beliefs, values, likes and dislikes, we can provide the best possible experience in their home, and help them have special moments with our staff every day."

When asked about successes from the team at the Birches, Lyndsey said, "I'm so proud of our staff every day. It's because of each and every one of them that we can provide such wonderful care to our residents!"

She shares that recently the OHS committee reported 150 days without any time loss injury, a great achievement and demonstration of the commitment of staff to safety in our home.

"I'd also like to recognize our team spirit during our March Madness week," Lyndsey says. "Staff dressed up for a different theme each day that week and we raised close to \$100 for charity!"

Lyndsey is excited for the Birches future and the changes to come, from the *NEW BUILD*, to implementing electronic charting, to providing increased education to staff through techniques such as Gentle Persuasive Approach.

"We are constantly moving towards enhancing our care and giving our residents the best experience possible at The Birches."



## Report to Our Community 2022-23

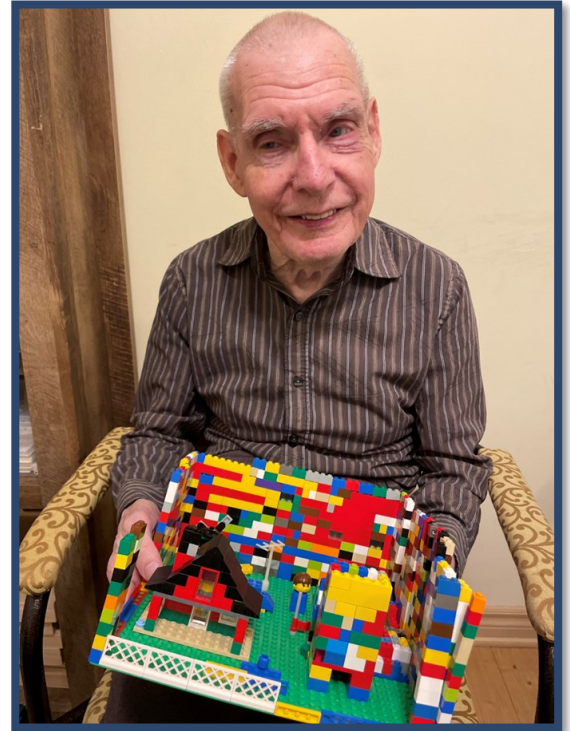
Paul has lived at The Birches for five years and is well known and loved for his playful, loving personality, and his many interests and hobbies.

Paul has many hobbies that keep him busy through the day at The Birches. He loves listening to gospel music, playing musical instruments, building large structures with Lego, and is an avid collector of all things.

Paul is most well known for his love of the RCMP. He has two nephews in the RCMP who gave him a RCMP hat and badges. Paul loves wearing them and stopping staff and family in the halls making sure they are behaving. He loves to be playful with the staff at The Birches and joke around with everyone.

Paul was born in Halifax and grew up in a loving home with his brother and two sisters one of whom is his twin. Paul has a strong relationship with his family, he reminisces on the days when they all would spend their summers on Tancook Island.

Carol (Paul's twin) has expressed how happy she is to have Paul living at The Birches and how pleased she is with the care our team provides him.



An even better place to live and work - thanks to the  
*Twin Oaks / The Birches Health Care Charitable Foundation*

Another year to be grateful to the Twin Oaks/ The Birches Health Care Charitable Foundation. With their generous support we are able to continue with important upgrades to our home and services.

Our Beautification Project is underway with the completion of fresh paint in all residents' rooms. Work continues to ensure the remaining common areas receive an update as well.

Additionally, we are finalizing work on upgrading both our Nurse Call System, as well as our Electronic Health Records.

