

## Media Release



### For Immediate Release

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#### Reminders of Finnish Culture Help Long Term Care Residents Remember

**Sudbury....** Finlandia Hoivakoti Nursing Home (FHNH) today highlighted to Christina Bisanz, CEO of the Ontario Long Term Care Association (OLTCA), how they connect residents to their Finnish culture as a key element in their approach to delivering quality resident care.

Tangible links to their Finnish culture are an integral part of daily care life and care for FHNH residents. They include everything from the home décor to Finnish movies, participation in Finnish events within the community and Finnish speaking staff to aid in translation. These strong cultural connections have been shown to have a beneficial impact on resident care. For this home, culture is a big part of achieving that goal. Programs are more successful with residents, as their memories are being exercised with reminders of their heritage.

“We have found that when residents feel at home, they are more willing to partner with staff in care delivery and actively participate in achieving care goals,” said Claire McChesney, Administrator of FHNH. “Cultural ties are as vital as eating and sleeping for many residents as they age. Reminders of their heritage exercise their memories and evoke a positive sense of well being.”

Ms Bisanz said, “Enabling residents to retain direct links with those things that have defined their lives is another of the ways in which long term care homes are delivering a quality care and living experience. It reflects the overriding commitment of homes to tailor the long term care experience to the unique needs of residents.”

Ms. Bisanz, who is touring a number of OLTCA member homes across Ontario, added, “Cultural based programming is one of the many innovative ways I am discovering that homes are responding to the specific needs of the different resident populations they serve.”

OLTCA represents the not-for-profit, charitable, private and municipal operators of 428 long term care homes that provide care and services to some 50,000 residents throughout Ontario.

FHNH is a 110 bed home in Subury that has specialized in meeting the long term care needs of the community’s Finnish population since 2000.

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