

Living our Values



ESU staff and family members dance to the music of Julius Kayanja with resident Tony L. and his wife Dorothy.



L-R: Resident Dorothy E. with staff member Julius Kayanja.

Be Yourself, Come From the Heart

Music and dance play a big role on the Enhanced Support Unit at CapitalCare Lynnwood. Staff members like recreation attendant Julius Kayanja use music as a tool to calm or energize residents with responsive behaviours.

Music and dance also play a big role in the lives of ESU resident Tony L. and his wife Dorothy. They have been dancing together for 75 years. For their 75th wedding anniversary, Dorothy hosted a dance party at Tony’s home at Lynnwood so that staff could participate – “just as families do” – and asked for Julius to provide the music.

“We didn’t even know he was musical when we hired him,” notes Cheryl Robertson, Behavioural Support Coach at Lynnwood. “That Julius has musical abilities and is comfortable sharing his talent on the neighbourhood is a real gift to us.”

With the support of his managers, co-workers, residents and families, Julius fully embraces the

value Be Yourself, and is comfortable using music with residents on other neighbourhoods too.

On the ESU, where verbal communication with residents can be challenging, music and dance is one way staff can create connections on the level of feelings. The gesture creates a positive connection between the people who live and work in the home and is an example of the value Come From the Heart.

Families appreciate it too. As Dorothy L wrote in her thank you note: “We felt the love; we hope you did too. May the joy you’ve given us return to you a hundred fold.”

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