

# Lodge Life

NEWSLETTER FOR FAMILIES & FRIENDS



## HAVE QUESTIONS?

### DEPARTMENT EXTENTIONS

Administrator ext:4223  
 Director of Care ext:4222  
 Nutrition Services ext:4228  
 Support Services ext:4224  
 Staff Development ext:4235  
 Family Services ext:4219

## COMMENTS?

### DEPARTMENT EXTENTIONS

Resident Services Nursing ext:4229  
 Resident Services Recreation ext:4243  
 Infection Prevention & Control ext:4205

## WE ARE JUST A CALL AWAY

### DEPARTMENT EXTENTIONS

Quality & Risk management ext:4215  
 Financial Analyst  
 613-930-2787 ext:4266



## SUMMER BBQ

Our summer BBQs will resume June 26th and continue every Wednesday throughout the summer months. Keep your eyes peeled on the Activity Calendar for more information. We look forward to spending as much time on the patio as possible this summer, soaking up the sun while admiring the view and beautiful gardens.

## Life Around the Lodge

The curbs are undergoing construction which may impact parking availability. There is no specific timeline for completion of the process. Our apologies for the inconvenience.

Reminder to please get all personal belongings labeled when bringing them into the Lodge. Please get all clothing labeled before putting it away.

A new physio-therapy assist has been hired! Nice Mol Anu has been working at GSDL as an RPN while she completed continued education for her RN license. She will now join our team as an RN and has accepted a part time posting! Samantha Graveley has been a returning PSW for us seasonally over the years as she completed her BScN studies. She has finished her program and will now join our team as an RN. She has accepted a part time posting!

### Shooting Star Shout Outs

Please continue to share your positive feedback with us, the ballot box can be found on the north wall in the Tea-Room before the cafeteria. All nominations will be showcased on the 'Shooting Star Shout Outs' board. Below are just a few of the nominations from March:

*Tearoom/Kitchen Staff – I wish to commend everyone and give thanks for the wonderful Mother's Day feast and celebration!*

*Jessica Neville (PSW) – For treating residents like family tailoring your approach with each resident based on their personalities/personal choices. We appreciate you!*

*Hussan Memon – Your teammates nominated you at a floor meeting where they could not say enough positive things! Everyone agreed your positivity makes a difference; you are fabulous and go out of your way for the residents. Your heart is in this work and it shows!*

### COUNCIL OF FAMILY AND FRIENDS

Meetings held: Second Wednesday of every month at 1:30 p.m. in the Library at the Glen Stor Dun Lodge.

The Council is always seeking new members! Please reach out to Shelby the Resident & Family Services Coordinator to learn more!

### RESIDENT COUNCIL

Meetings held: The fourth Tuesday of every month at 10:30 a.m. in the Chapel at the Glen Stor Dun Lodge.

(Excluding July, August & December)



**Notice from Support Services:** Aerosol cans are not permitted, if a resident would like a room deodorizer housekeeping can provide a non-aerosol spray.

Thank you for your understanding.

## Education Corner

Thank you to everyone who stopped by the Unity Committee's first fundraising event! The bake sale raised over \$600! The Unity Committee is a multidisciplinary team looking to promote initiatives, fundraise and create more staff engagement.

The next event will be Thursday, June 27<sup>th</sup> from 1 p.m. to 3 p.m. It will be a golf chipping contest on the front lawn to raise awareness and funds for the Alzheimer Society. There is a golf prize to be won valued at \$700 for the individual who is closest to the hole. This will be a wonderful patio social and activity for the residents to participate in. The Alzheimer society will also have an education table set up to share resources and answer any questions you may have.

Resources:

**Audio clip:** LTC Culture Change in the News Chattopadhyay, P. (2024, April 20). How to talk to your aging parents about their future. The Sunday Magazine, CBC Radio.

<https://www.cbc.ca/player/play/audio/1.7180425>

**Webinar Recording:** Ontario Caregiver Organization's (OCO) Essential Care Partner Education Session [Health Privacy in Long-Term Care Homes: Debunking Myths to Support Caregiver Inclusion \(youtube.com\)](#) - Led by healthcare lawyer Kate Dewhirst, this webinar delved into the complexities of Ontario's health and privacy laws in the context of providing care to residents in long-term care homes, emphasizing the need for clear understanding to facilitate effective communication while safeguarding resident privacy.

### Books:

→Being Mortal by Atul Gawande

→Care Homes in a Turbulent Era: Do They Have A Future? - comparative perspective on the future of care homes in our post-pandemic world. Edited by Pat Armstrong, Professor Emerita of Sociology, Department of Sociology, York University, Toronto and Susan Braedley, Professor, School of Social Work, Carleton University, Ottawa, Canada

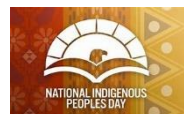


# SUMMER CELEBRATIONS

Showing that you respect and value whatever tradition is being observed during the spring months helps create space for everything to be celebrated. Recognizing holidays that support inclusion is important because it helps to create a fair, inclusive space where everyone feels a sense of belonging.



June 16 - **Father's Day**: Many people in Canada celebrate Father's Day in a variety of ways to express their love and gratitude to fathers or father figure



June 21 - **National Indigenous Peoples Day**: Every year on June 21, people gather across the country to celebrate National Indigenous Peoples Day, with ceremonies, music, dancing, and food. The day honours the culture and contributions of First Nations, Inuit and Métis people.



June 24 - **St. Jean Baptiste Day**: Historically, the celebration focused on the role of Saint Jean Baptiste in Christianity. Today, the holiday has numerous themes, including patriotism, politics, religion, and culture. Saint Jean Baptiste festivals are always joyous occasions for Quebec's citizens.



July 1 - **Canada Day**: Canada Day is a day to reflect on what it means to be Canadian, to share what makes us proud and to celebrate in our own way. This pride is reflected in as many ways as there are Canadians. Canada Day highlights the richness of our land, our diversity, our culture, our contributions, but above all, our people. Since 1868, July 1 is an opportunity for Canadians from all communities to come together.



July 24 - **International Self-Care Day**: The day stresses the importance of self-care as the cornerstone of wellness and encourages individuals throughout the world to make self-care a part of their everyday routines and turn it into a priority.



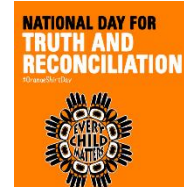
August 5 - **Civic Holiday**: The Civic Holiday is commonly referred to as the August long weekend. It is probably the busiest day on highways as tens of thousands of families go camping, to cottages etc this weekend. It is known by many names in different provinces and municipalities.



August 26 - **Women's Equality Day**: It's a call to action and a reminder that gender equality is one of the most effective ways to build healthier, more prosperous, and more inclusive communities.



September 2 - **Labour Day**: This holiday officially celebrates workers and the labour union movement, however, most of us only think of it as the last long weekend of the summer, a perfect occasion for one last BBQ or canoe trip. Many seasonal attractions and vendors close after the labour day long weekend and it is generally the start of the fall shoulder season for tourist attractions.



September 30 - **National Day for Truth and Reconciliation**: The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

# SUMMER AWARENESS

Community awareness is important to increase enthusiasm and support, stimulate self-mobilisation and action, and to mobilise local knowledge and resources.

June - **Pride Month**: Pride Month is an annual celebration of the many contributions made by the LGBTQ+ community to history, society and cultures worldwide. In most places, Pride is celebrated throughout the month of June each year in commemoration of its roots in the Stonewall Riots of June 1969. However, in some areas—especially in the Southern Hemisphere—pride events occur at other times of the year.



June 15 - **World Elder Abuse Awareness Day**: The International Network launched world Elder Abuse Awareness Day (WEAAD) for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic.



July - **Plastic free July**: is a global movement that helps millions of people be part of the solution to plastic pollution - so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?



July - **Disability Pride Month**: Disability Pride Month is celebrated every July and is an opportunity to honor the history, achievements, experiences, and struggles of the disability community. Why July? It marks the anniversary of the Americans with Disabilities Act (ADA), landmark legislation that broke down barriers to inclusion in society.



August - **World Cancer Support Month**: World Cancer Support Month, observed annually in August, stands as a beacon of solidarity and hope for those affected by cancer across the globe. This dedicated month serves as a reminder of the immense strength, resilience, and compassion that unite individuals, families, and communities in the face of this challenging disease.



September - **World Alzheimer's Month**: Many people still wrongly believe that dementia is a part of normal ageing. This alone highlights how important public awareness campaigns, like World Alzheimer's Month, are for changing perceptions and increasing existing public knowledge around Alzheimer's disease and dementia. With the number of people living with dementia set to almost triple by 2050, it has never been more important to recognize the risk factors associated with dementia and take proactive steps towards risk reduction

