

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



RESIDENT COUNCIL APPRECIATION

Every resident living at GSDL is a member of the Residents' Council. Residents' Council meetings are a safe space for residents to talk about what is important to them. While concerns and complaints may be discussed, meetings provide an opportunity to share good news, quality improvements/successes, offer peer support and nurture friendships. Thank you to all our residents for participating and sharing your input!!

Life Around the Lodge

In alignment with Residents' Council Appreciation Week, we want to hear from our residents and their families about their experience at the GSDL. We are inviting all residents and/or their POA/Substitute-Decision-Makers to provide feedback about our home in our Resident/Caregiver Survey.

The survey can be accessed electronically at this link: <https://forms.office.com/r/t571xuFcvk>
Please note the survey is anonymous.

The GSDL also continues to have paper copies of the survey available, should you prefer to complete the survey via hard copy. Surveys can be accessed in the main lobby, in a holder across from the Social Worker office. Completed paper surveys can be submitted using the mail slot directly under where the surveys are located.

We appreciate all input provided to enable our home to reflect on what we are doing well and where we have opportunities to improve.

Thank you for taking the time to contribute.

Exciting News from the Dietary team. We will have the TeaRoom open for supper service before the end of the year! We will announce an official date as soon as it is finalized!

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)



Cold and Flu Season

With cold and flu season fast approaching it is important to remain proactive. Vaccination is the most effective way to prevent influenza and its complications. Vaccination can help prevent the spread of influenza from person-to-person. Annual vaccination is required because the specific strains in the vaccine are reviewed each year by WHO and are often changed to provide a better match against the viruses expected to circulate in that given year, and because the body's immune response to influenza vaccination may be transient and may not persist beyond a year.

We intend to roll out a flu shot clinic in October or early November.

Education Corner

Resources:

In Person Program: Powerful Tools is a 6-week program for caregivers. It will be every Wednesday beginning October 16th – November 20th from 9:30 a.m. to 11:30 a.m. at the Seaway Valley Community Health Centre. To register for click the link below or call 1-888-936-0306 ext. 229
[Program Registration - Seaway Valley Community Health Centre \(seawayvalleychc.ca\)](https://seawayvalleychc.ca)

Webinar: Palliative Care Series for families and care partners. The Collaborative Project to Sustain a Palliative Approach to Care is offering a series of FREE virtual education sessions focused on palliative care in long-term care. These evidence-informed sessions will be delivered in English and include participation opportunities and Q&A. Each session will run from 1:00 to 2:30 PM EST, and session materials will be provided to registrants.

[Meeting Registration - Zoom](#)

Webinar: Caregiving at home and work: Strategies for the double duty Caregivers
Free to attend this webinar series has 3 sessions

1. Caregiver Stress and Burnout (October 8th 12:00 -1:00 p.m.)
2. Empathic Strain (October 22nd 12:00 -1:00 p.m.)
3. Balancing work and Care (October 29th 12:00 -1:00 p.m.)







[Webinar Registration - Zoom](#)

Book recommendations:

So you want to talk about race by Ijeoma Oluo
How to be Anti-racist by Ibram X. Kendi
The Knowing by Tanya Talaga



THE GOLDEN RULE

 <p>Baha'i Faith Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself. Baha'u'lláh, Gleanings</p>	 <p>Buddhism Treat not others in ways that you yourself would find hurtful. The Buddha, Udana-Varga 5.18</p>	 <p>Christianity In everything, do to others as you would have them do to you; for this is the law and the prophets. Jesus, Matthew 7:12</p>
 <p>Confucianism One word which sums up the basis of all good conduct... loving kindness. Do not do to others what you do not want done to yourself. Confucius, Analects 15.23</p>	 <p>Hinduism This is the sum of duty: do not do to others what would cause pain if done to you. Mahabharata 5:1517</p>	 <p>Indigenous Peoples We are as much alive as we keep the earth alive. Chief Dan George</p>
 <p>Islam Not one of you truly believes until you wish for others what you wish for yourself The Prophet Muhammad, Hadith</p>	 <p>Jainism One should treat all creatures in the world as one would like to be treated. Mahavira, Suttrakritanga 1.11.33</p>	 <p>Judaism What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. Hillel, Talmud, Shabbath 31a</p>
 <p>Shintoism The heart of the person before you is a mirror. See there your own form. Traditional Shinto maxim</p>	 <p>Sikhism I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. Guru Granth Sahib, p.1299</p>	 <p>Taoism Regard your neighbour's gain as your own gain, and your neighbour's loss as your own loss. Lao-Tzu, Tai Shang Kan Ying P'ien, 213-218</p>
 <p>Unitarianism We affirm and promote respect for the interdependent web of all existence of which we are a part. Unitarian Principle</p>		 <p>Zoroastrianism Do not do unto others whatever is injurious to yourself. Shayast-na-Shayast 13.29</p>