

The Golden Link

2280 St. Mary's Road, Winnipeg, Mb. R2N 3Z6 Phone: 257-9947

Mission Statement

Golden Links Lodge is committed to excellence in care to the older adult. The needs of our Residents, Clients, their families and the community are met by a diverse range of services including Personal Care, related programs and in keeping with the Odd Fellows' and Rebekahs' motto of "Friendship, Love and Truth."

"Our Residents do not live in our Workplace...we work in their Home."

Ever Wonder?

Before they invented drawing boards, what did they go back to?



20 Fun Fall Ideas

1. Light a Pumpkin Spice Candle
2. Make some Pumpkin Bread
3. Drink a caramel apple cider or a pumpkin spice latte
4. Bake a pie - Apple or Pumpkin, oh my...
5. Get creative with your pumpkin recipes
6. Go to a Pumpkin Patch
7. Participate in a Fall Harvest Festival
8. Visit a haunted house
9. Make your way through a corn maze
10. Go on a nature walk
11. Craft a Thankful Turkey with the Kids
12. Decorate Pumpkins often and early
13. Collect Leaves and Do a Fall Leaf Craft
14. Make a Paper Plate Pumpkin
15. Fill Mason Jars with Leaves and Acorns
16. Create a DIY fall decoration (if you're a DIY girl!)
17. Buy a seasonal decoration (if you're not into DIY girl!)
18. Put colorful leaves everywhere
19. Put up a decorative fall wreath
20. Make a burlap wreath

*I have Dementia.
My eyes DO see, My ears DO hear
I am still ME, so let's be clear
My memory may fade,
My walk may slow
I am ME inside
Don't let me go.*





Meeting Room Bookings New Process

The One West Lounge, Sunroom and Friendship Room three main areas that GLL offers to families, residents and outside agencies as space for gatherings, meetings, dinners, etc. These rooms can be used only if booked with our Business Office. The cost for a Room rental is a \$35.00 per room in the form of a donation with all proceeds going directly to the Recreation Program (Tax receipt will be provided).

The following areas are available for rent:

- ♦ The One West Lounge has chairs with round tables and a loveseat,. This area also has access to a fridge, microwave, sink, and Coffee Machine all surrounded by many windows.
- ♦ The Sunroom is a cozy area with tables, chairs, couches and many windows to let the sun shine in.
- ♦ The Friendship Room is a large area with many tables, chairs, full kitchen, surrounded by windows. This area can also be separated into two rooms. If you are booking the whole room for a function you will be charged for two room rentals.

All bookings must be done thru the Business Office.204-257-9947. Full payment must be made at time of booking by cash or cheque. Be advised there will be an additional charge for Coffee /Tea/Juice. Folding tables and chairs are available for use but must be confirmed at time of booking. There will be an additional charge for cleaning the room if it is not left the same as it was found. Required at time of booking; how many people, date, time, etc. Day of booking a sign will be put up showing by last name the room reservation. Any questions, comments or concerns please feel free to contact the Business Office directly.



ACCREDITATION
CANADA

One of the benefits of accreditation is that it highlights areas of excellence as well as gaps in the programs and services your organization offers. That said, quality improvement is a huge driver for accreditation. Your organization's familiarity with quality improvement and its place in your strategic plan will determine how streamlined the accreditation process will be for your staff, clinical and other.

Accreditation requires leadership and direction, so that all levels of the organization can pull together to make necessary adjustments to programs, practices and processes. The executive team is responsible for coordinating the accreditation process and ensuring that all staff understand their role in achieving accreditation.

Accreditation is about improving patient safety and providing greater quality care. These principles translate into best practices, which are reinforced by clear policies and procedures. That means that an important part of accreditation requires assessing the policies and procedures in place to determine whether they are suitable for your organization's context and optimal for your patients and clients. If policies aren't in place, then they must be established to support the accreditation-driven goals.

Compliance with standards and the cohesion of staff in best practices are key components of achieving accreditation success. Your organization should have a clear culture of patient safety and quality improvement. In other words, your staff need to understand your policies and procedures and know how to apply them daily.

Accredited organizations share time and again that accreditation is both a learning curve and a time-consuming process. They've shared how grateful they were to dedicate resources, even a small number, to achieving accreditation; it's essential to set your organization up for success by setting aside human resources to implement accreditation. It doesn't have to be an important allocation of time or resources, but it should be proportional to your organization size and level of accreditation. A small organization preparing for a Primer may only need one internal project coordinator. Accreditation Canada remains available to each client and

**GLL will be participating in Accreditation in
April 2020**

GLL NURSES WANT YOU TO KNOW!



VACCINES HAVE BEEN ORDERED!

Families will hear from nurses for those that do not have their consents completed for the 2019/2020 season.

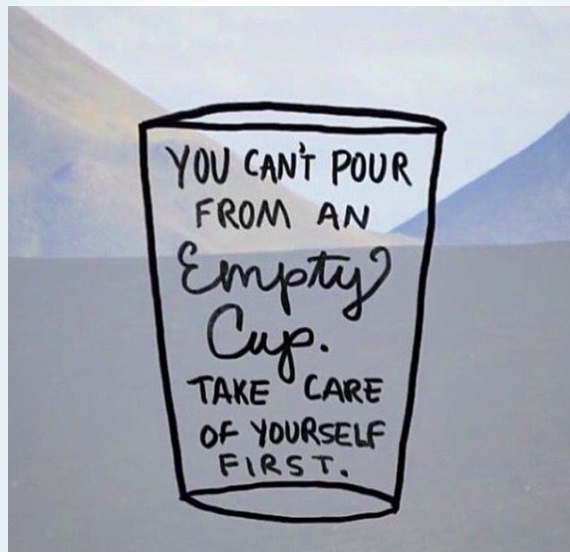
On October 3, 2019, from 12:00-4:00pm, the WRHA will be onsite hosting a staff, volunteer and family flu clinic.



SELF CARE

Self-Care is one of the most important aspects of caring. We experience stress from a number of different areas in our lives. Caring for a loved one in a in a personal care home is one of numerous stressors we experience, from worrying about the financial aspect to ensuring that our loved one has a good quality of life it is easy for this to overwhelmed us. Some important things to keep in mind is to recognize when your levels of stress are increasing, identify who can help you take on some of the tasks that may be causing you stress, ask for help! Focus on what you CAN do for your loved one at that time. Identify what self-care strategies you have whether it is visiting with loved ones or friends outside the facility, exercising, crafting, fishing or just sitting with a cup of tea. “Making room for our own needs is critical to enable you to care for others and keep going with calm and inner strength”.

<https://www.psychologytoday.com/us/collections/201406/self-care-strategies>



Resident Care Conferences

A Resident Care Conference will be held annually, and within 8 weeks of your admission. The Care Team will meet with you and your family or Power of Attorney to discuss and review your care plan. It is also an opportunity to discuss any concerns or questions you may have, as well as provides an opportunity for families to meet the care team. The following persons contribute to the resident care conference; Social Work, Nurse, Doctor, Dietician, Rehab Assistant, Recreation and the Director of Care. You and your family will be invited to participate in the care conference, you can receive a care conference package upon completion of a Personal Health information request.

Your care conference will be booked by the Social Worker, conferences are held every Monday between 10:00 and 11:30, and are ½ hour in length. Invitations will be EMAILED to the residents primary contact or given directly to the resident. It is very important that families RSVP to the



BABEL-Better Targeting, Better outcomes for Frail Elderly Patients: This 2 year initiative is funded by the Canadian Frailty Network and Research Manitoba. The goal is to standardize the approach to advanced care planning in nursing homes. The Golden Lins Lodge is an intervention site and will follow the BABEL approach for those residents who meet the criteria.

Better targeting, Better outcomes for frail Elderly patients (BABEL)

Using a common framework and language, we hope to ensure that high risk elderly persons will be appropriately identified in order that we may offer personalized care plans across home care and long-term care (LTC).

Possible Research Results

Anticipated findings: We expect to produce evidence to support the development and targeting and design chronic disease management care across Canada based on a common understanding of clients' needs and the necessary resources to meet those needs.

Impact of findings: Knowledge on the chronic disease management needs and resources available to home care agencies will allow us to implement a feasible intervention with our home care partners, as well as assure the viability of the intervention across Canada. Provincial governments and regional health authorities can use the findings to invest in or reorganize community programs to help vulnerable older adults avoid unnecessary ED visits and hospital admissions. The actions taken based on the findings will help generate supportive chronic disease management services so that older adults in the community can maintain their independence and engagement.

About the Project

We all age differently. Many seniors remain independent while others become frail, experiencing more and more health issues, progressive disability, complications of care and premature death. Evidence suggests that multifaceted interventions can improve outcomes for frail seniors. However, implementation of effective system wide interventions has been limited by inefficient targeting of "at-risk" patients, healthcare system fragmentation and a lack of information on patient needs and preferences.

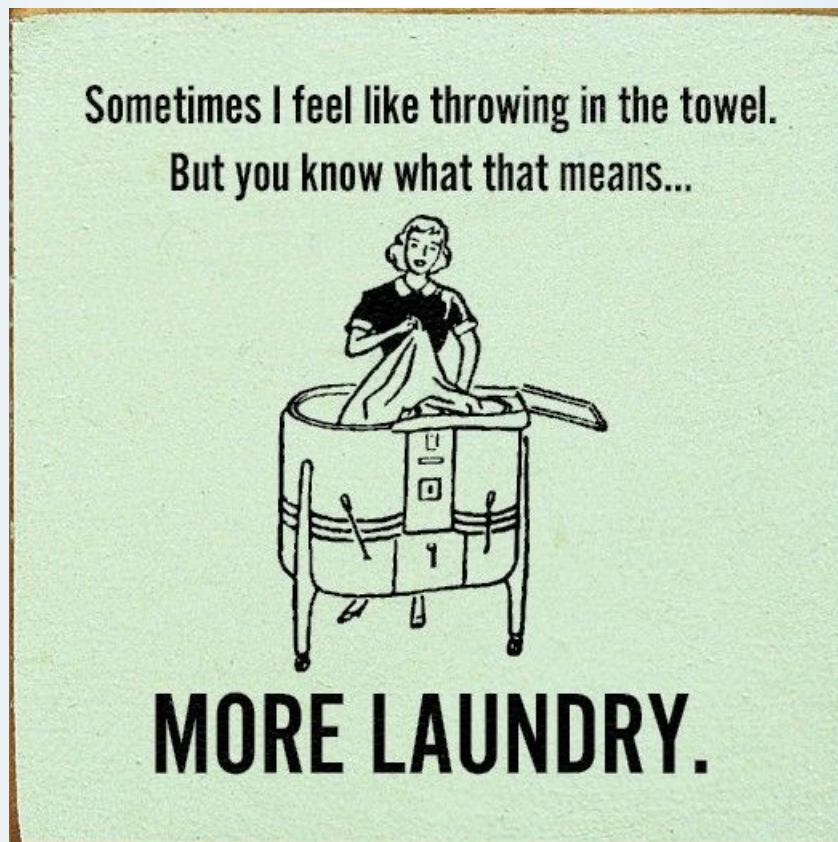
We are proposing a series of targeted interventions for frail seniors across the continuum of home care and LTC. Over the next three years, we will conduct a multi-phased mixed-methods evaluation (quantitative observational, qualitative and pragmatic experimental evaluations) of three linked implementation projects. Each project is evidence-informed, based on tested implementation strategies, and supported by local decision makers. We will implement our interventions on existing common models of assessment and care that respond to risk of adverse outcomes in frail older persons in home care and LTC. We will continue our efforts to establish a pan-Canadian collaboration of knowledge users and researchers from many settings to ensure that inter-jurisdictional differences are considered and integrated into all evaluations.

The three large-scale projects in this research program will serve as an important precedent for co-innovation with knowledge users and pave the way towards greater health system integration for frail seniors. Each project in our program is scalable because they make use of adapted and available evidence-informed interventions, standardized widely used risk assessments and secondary data. In the future, other comparable projects could easily be implemented using our approach.

LAUNDRY & HOUSEKEEPING

Starting in August the Housekeeping Program will participate in care conferences. This will be a great opportunity for residents and families to share valuable information related to housekeeping and laundry services.

A reminder to all as we enter into the winter season please ensure that you remove all summer clothing that is not required for residents from their rooms.



FOOD SERVICES

THE BEST PUMPKIN BREAD

Ingredients

Unsalted butter, for the pans
3 1/2 cups all-purpose flour, plus more for the pan
(Note)
3 cups sugar
1 cup vegetable oil
4 large eggs, lightly beaten
One 15-ounce can pure pumpkin puree
2 teaspoons fine salt
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon ground nutmeg
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
2/3 cup water

(see Cook's



Directions

1. Preheat oven to 350 degrees F. Butter and flour two 9-by-5-inch loaf pans.
2. Whisk together the sugar and oil in a large bowl until well combined. Whisk in the eggs and pumpkin until combined.
3. Combine the flour, salt, baking soda, nut meg, allspice, cinnamon and cloves in a medium bowl and whisk until well combined. Add half the dry ingredients to the pumpkin mixture and stir to combine. Add half the dry ingredients to the pumpkin ingredients mixture and stir to combine. Add half the water and stir to combine. Repeat with the remaining flour and water.
4. Divide the batter between the prepared loaf pans. Bake until cake tester comes out clean and the loaves are golden brown, about 1 hour. Let the loaves cool in the pans on a wire rack for 10 minutes. Remove from the pans and let cool completely about 1 hour.

Maintenance Team



Winter is right around the corner and you know what that means! Ice and snow everywhere! **BE CAREFUL!**

GLL has a company that ensures our roads and parking lots are clear of snow. Our Maintenance Team will work hard to keep walk ways, entrances and exits clear.

Sometimes we can't remove the snow right away because it's still snowing! Be patient and careful and know that your safety is **VERY IMPORTANT**

Our facility holds monthly fire drills and fire safety plans are posted on each unit.

It's important for all staff and visitors.

Should you need services from the maintenance please ensure you visit our Business Office or call 204-257-9947.

RECREATION TEAM

GLL is happy to welcome **Carolyn S. Hysop** to our Recreation Team! Carolyn is a Certified Recreation Worker. Carolyn is a graduate of the University of Manitoba Bachelor of Recreation Management & Community Development. She holds a certificate in First Aid and CPR. When Carolyn isn't at work she keeps herself busy coaching! She has been a Professional Figure Skater for eleven (11) years with Skate Canada Manitoba. She is a certified coach and coaches figure skating with Skate Canada Manitoba. During summer months Carolyn has worked at Southdale Recreation Association developing and implementing creative programming for children. Carolyn also loves to give back to community and volunteer when she has time! Welcome Carolyn!



The Recreation Program is eager and please to add/plan any specific programs wanted by residents. Stop in to see Devan or Carolyn or email devan.correia@goldenlinks.mb.ca. or carolyn.hysop@goldenlinks.mb.ca.



National Cook For Your Pet Day - Residents will be making treats for our November Bake Sale

Men's Club - 1st project - Bird House - Starting September

Early Bird Risers Coffee - Starting September

Paint Night - Look for date in November 2019

Sadi Hawkins Dance - November 14, 2019 (get your dance shoes ready!)

Our Recreation Program have been keeping our Residents very busy this summer!

Fort Gibraltar Day Trip

Mother's Day Tea



Assiniboine Park Trip



GLL Mini-Olympics



Our Residents have been busy....





GOLDEN LINKS LODGE

We are so **EXCITED** to announce a new partnership/program starting in October with **Golden Links Lodge & Winnipeg Humane Society!**

Starting **Wednesday, October 9, 2019, 10:30-11:30am** and every Wednesday following at the same time (10:30-11:30am) we will have Pet Therapy in our **Friendship Room!**

The Pet Therapy Program is an animal-assisted pet therapy program using WHS behaviour assessed dogs to provide affection and comfort to people with a variety of needs and conditions who would benefit from the support and attention of a trained animal. Therapy animals can be used to promote health and healing for seniors of any age range or health condition, whether depressed, chronically ill, Dementia, Parkinson's, Alzheimer's or have ongoing disabilities. Therapy Pets visiting GLL will always be accompanied by their trained handler. Our first few visits will be with one Therapy Pet. We will slowly work at growing our visits to include several Pet Therapy animals. Meet our first Therapy Pet **GRYFF**, he's a sweetheart! He's looking forward to meeting our residents on **October 9, 2019, 10:30-11:30am** in the Friendship Room!



**We continue with our monthly Volunteer Orientation sessions.
Please join GLL in welcoming the following volunteers;**

**Lora Mcauley
Matt Strength
Bhavini Patel
Zoe Nonato
Alex Wang
Da Huo
Vrinda Vyas
Devin Ramdoyal
Grace Aprile**

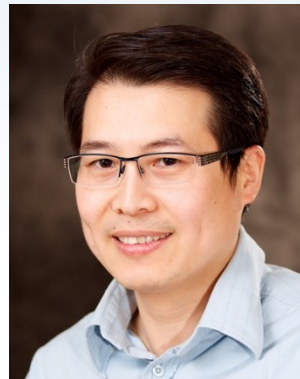
If you or anyone you know is interested in volunteering at Golden Links Lodge, please contact our Business Office at 257-9947 or



Please be advised that **Dr. Fayez Salem** and **Dr. Noor M. Khan** will no longer carry caseloads with GLL. Both contracts have expired and we have chosen to not renew. Both physicians have been with GLL for many years and we truly thank them both for their service and support to our residents, staff and families! GLL wishes them both all the best!

We are happy to advise that we have two new physicians joining us! The transition of our new physicians will be gradual over the next few weeks. We will share more information once both physicians have settled into their caseloads. Dr. Rajen Ramgoolam will continue with our facility serving as our site Medical Director and continue with his current resident caseload. Please join me in welcoming our new physicians!

DR. QUY DOAN
Medical School: University of
Manitoba
Internship, Residency, Fellowship
and Other Specialty Training:
Family Medicine
Board Certifications: BSc

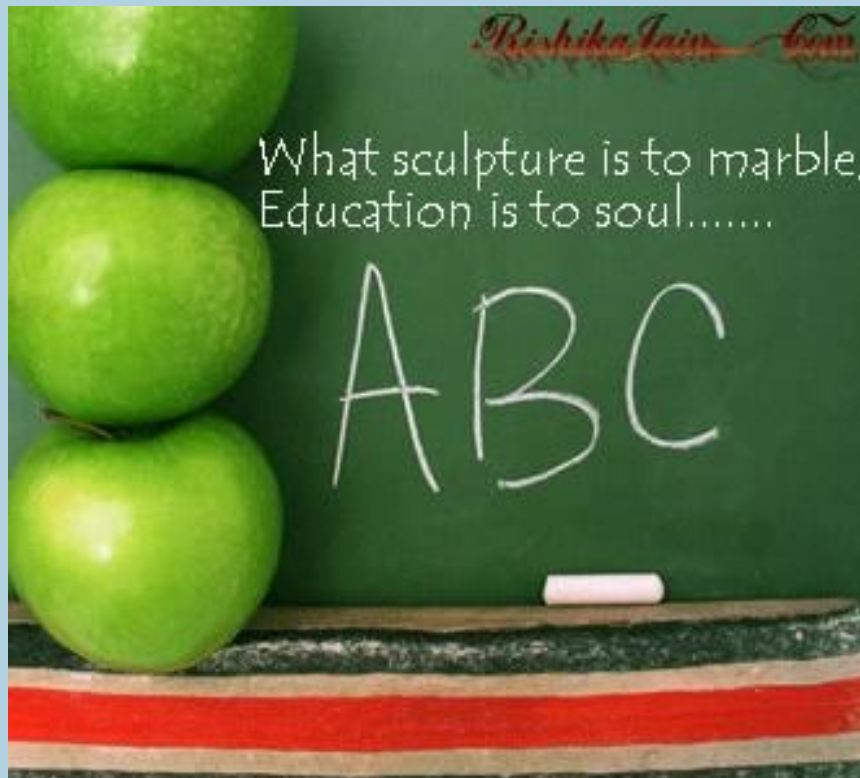


DR. FRED BALL
Medical School: University of
Manitoba
Special Clinical Interests: Family
Medicine
Board Certifications: FRCPC



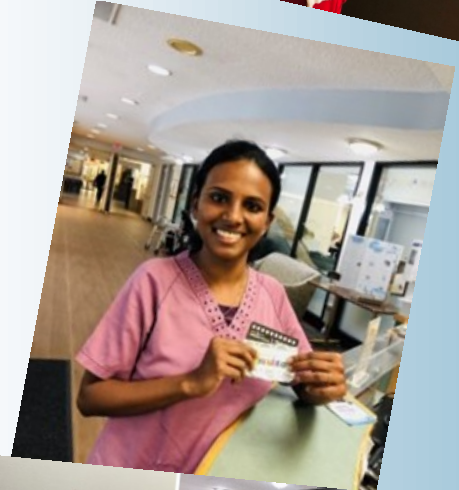
Upcoming Education for Staff and Families

- ♦ September is Education Fair Month- display posters in Sunroom
- ♦ September 30- Medi-system Pharmacy presentation on Antipsychotics
- ♦ October 10- WRHA safe resident transfers training
- ♦ October 15- Medi-system pharmacy presentation on Antibiotics
- ♦ October 14-18- infection Control week- stay tuned for fun and exciting activities
- ♦ October 28- November 1 is patient safety week- WRHA will be in doing huddles with our nursing teams on improving communication between healthcare teams
- ♦ November 19- Family education with Joyce Klassen from the Alzheimer's society- stay tuned for posters on topics of discussion.
- ♦ November 22- Medi-system pharmacy presentation on Narcotic handling
- ♦ November 29-December 4- N95 mask fit testing



Staff Appreciation Draws!

& the winners are...



"News Update"

Staffing Updates Welcome & Goodbye!

GLL WELCOME'S THE FOLLOWING NEW STAFF TO OUR TEAMS!

Amanda Agbodan
Rajindepal Kaur
Carolyn Hysop
Neeru Kapila

WE SAY GOODBYE TO...

Krunal Patel
Loree Bradshaw
Sashagay Watson-Downie
Lindsay Crossley
Sherry Frechette
Neha Sharma
Jessy Alexander



After nearly 12 years with GLL Linda Funk from our Housekeeping Department is saying goodbye to us and hello to retirement! We wish her all the best! Linda said she'll have lots of time for her crafts! Linda, thank you for your years of service everyone wishes you much health, happiness and enjoyment in your





FILL IT UP!!!

We are asking all friends and family of Golden Links Lodge to “fill it up” once a month at any RED RIVER CO-OP gas station in Winnipeg using the membership #201163 as a way to support the Lodge. When you purchase gas at any Red River Co-Op you just give this number and Golden Links Lodge is credited with the allocation percentage. All revenue from the membership will go towards enhancing the lives of the Residents of Golden Links. Each month, please designate a tank and help this fundraising event. Tags are available at the office so you can remember the number and pass it on to friends. We would also like to thank the CO-OP at 1621 St. Mary’s Road as they support us in this endeavour.

Please visit these or other RED RIVER CO-OP locations:

**1621 St. Mary’s
1084 Ellice
1745 Kenaston
3455 Pembina
3623 Roblin
1850 Brookside
747 Pembina
190 St. Anne’s
2595 McPhillips
3755 Portage
1070 Henderson
1947 Henderson
1008 Keewatin
1681 Grant
1101 Logan
1925 Portage
1600 Regent W.
1615 King Edward**



All locations available on the Internet at www.rrcoop.com

Deep thoughts by GLL...



Two Cats And A Monkey

After a feast, two cats see a piece of cake and start fighting for it. A monkey sees this as an opportunity for gain and offers to help them. The monkey divides the cake into two parts but shakes its head saying they are unequal. He takes a bite of one piece and then the other, but still finds them unequal. He continues doing so until there is no more cake left, leaving the poor little cats disappointed.

Moral: When you quarrel amongst yourselves, someone else gains from it.



www.goldenlinks.mb.ca



<https://www.facebook.com/Golden-Links-Lodge-PCH-265702143972832/>



<https://www.instagram.com/goldenlinkslodgepch/?hl=en>