

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."

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DOC

Alison Anderson

Why Animals Are So Important

brightfocus.org



Whether it's a big floppy dog, a bird, a cat, or even a fish aquarium, the benefits of having a pet for one with Alzheimer's or other dementia are numerous. Pets bring great benefits to all of us—companionship, unconditional love, and fun. By their very nature, pets do not judge, and they are not critical. And for someone with dementia, those qualities make them a good companion. Their very presence can help reduce the effects of dementia—anxiety, agitation, irritability, depression, and loneliness. By their friendliness and non-threatening way, pets can help a dementia patient be more interactive, when sometimes they are not able to do so in social settings with other adults.

Did you know that Golden Links Lodge is a pet friendly facility? We welcome volunteer pet visits through our pet visitation program! If you or someone you know is interested in our visitation program please call us at 204-257-9947 or visit our website for more details at www.goldenlinks.mb.ca

"It's amazing how much you can accomplish when it doesn't matter who gets the credit!"

Ever wonder ...

Why sheep don't shrink when it rains?

Did you ever stop and wonder?

A personal message from the CEO Marcy-Lynn Larner

Welcome to our first quarterly newsletter! We hope that all families, residents and staff will enjoy all the great information we have gathered.

February marked my two (2) year anniversary with Golden Links Lodge. The past two (2) years have been full of remarkable and challenging issues. For those that have been here during that time you witnessed first hand the amazing changes that have taken place in our facility. It has been quite a journey for everyone! I am in awe of our employees that have been through it all...and then again...and again. Yet still show up, work hard, give of themselves selflessly. It's pretty cool to watch such dedicated teams!

For those that don't know me...outside of GLL I am a mother, wife, daughter, sister, aunt and friend. My personal world is filled with busy evenings and weekends running errands, carpooling kids to sports, cooking, paying bills, living life! I come from a mother and father and grandmother that spent their careers serving in healthcare, it has shaped who I am today. You could say it's in my blood. It is an incredible honor for me to lead and serve this wonderful facility of ours. I am here everyday as your CEO because I believe what we do matters...it matters most to the people that depend on us day in and day out. I never take for granted the responsibility bestowed upon all of us to share in the personal journey our residents and families are on. That we take a backseat on the road they travel is pretty amazing.

Thanks to dedicated staff, supportive residents and families we find ourselves in a very different environment today, a wonderful one! I recently had someone say to me "when you came here you talked about all this great stuff you were going to do and I haven't seen anything." My initial thought was how can you not see what has been done. I realize that sometimes you "*can't see the forest for the trees.*" When you're in it we miss the great work we are doing. I thought it important to remind everyone it takes dedicated teams to carry out what we have achieved in the past two (2) years. We have overcome immense scrutiny, facility issues, vacancy management, budget reductions, staff turnover, program changes, etc. **BUT**, we have also done some phenomenal work! No one person could have ever done what we have done on their own. Every single person that has contributed to the environment we are in today need only look to themselves to measure the contribution they have made.

Everything is not perfect, we still have a lot of work to do and the truth is we will never be done doing everything that needs to get done! That is the nature of the industry we are in. What we have now is a solid foundation to build on. You can count on a dedicated Senior Leadership Team and a strong Business Office that is here to help lead our teams to success. Once upon a time GLL was touted as the best PCH in the city and I believe that we will be that and better!

We have begun our five (5) year strategic planning process! Once complete we will post and share with everyone. We want to hear from you, if you have ideas, suggestions, comments please share!

As much change as we have had, we have learned that sometimes the way things were done long ago is just the way we should do things now because it works!

I look forward to the next year and all the great work we have to do and sharing in the journey with all of you!

A Personal Message from the DOC Alison Anderson



As we embark on our first quarterly newsletter I want to thank all the wonderful staff, residents and families we have here at Golden Links Lodge for the care and compassion you show one another each and every day.

As many of you may not know my family and I uprooted the only province we ever knew and moved here to Manitoba just over 2 years ago. It was a challenge both physically and emotionally; but true to its name we have met some wonderful people along the way! Manitoba is truly a Friendly province.

May will mark my 2 year anniversary with Golden Links and what a journey it has been. I have been in many different roles from Clinical Resource Nurse, Manager of Clinical Services and Education and now as the Director of Care. With each role I have learned a lot and each of you have shown me what a wonderful place Golden Links is and I am proud to be a part of it.

As we move forward I am excited to embrace the challenges that lie ahead. With your dedication and hard work we can move mountains!

We must value life
and treasure each
breath we take.
We must value each
person and how he
or she touches our
lives everyday.*
Shadonna Richards
www.wow4u.com

Note from Elise Land, Social Worker

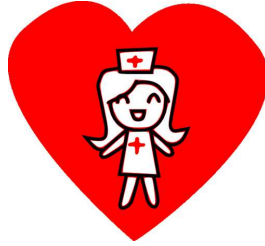
Starting my role as the Social Worker at Golden Links Lodge during the many transitions that were occurring two years ago was a challenge I was happy to take on. As a student at the University of Manitoba I recognized that I wanted to work with the elderly population, graduating with a BA in 2011, I followed this passion to Booth University College to complete my Bachelor of Social Work Degree in 2015. I also hold membership with the Manitoba College of Social Workers and the Manitoba Association of Personal Care Home Social Workers.

My role at the Lodge is multifaceted from Care conferences, Resident Council, complaint management, Admissions, discharges and passing's, wait list management, and Education, to enhancing resident experience using a holistic approach. Amongst these roles I work with residents, families and community members providing psychosocial support, advocacy and assist in navigating through the complex Long Term Care system.

Looking ahead at the months and years to come I am very excited to continue to get to know the residents, families and staff at the Lodge. I will continue to work towards enhancing the residents' well-being and self-determination through a foundation of respect and compassion.



NURSING DEPARTMENT



Spring always brings with it a level of renewed excitement, enthusiasm and great new beginnings.

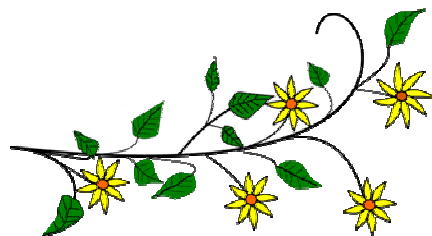
We have several new staff members joining our team, please say hello when you see them.

We have come through the worst of flu season and on our way to enjoying the fresh spring air. Thank you to everyone for helping us keep the germs away. Wash your hands!

Reminder to continue to wash your hands and if you are sick to please stay home, your loved ones will thank you and so will our infection control team!

Busy times ahead for the team with many educational opportunities happening throughout the spring season.

Watch for upcoming family feeding and swallowing education session. Look for posters around facility with dates and times; don't forget to sign up.



MANITOBA HEALTH SENIORS & ACTIVE LIVING

Golden Links Lodge hosted an “Unannounced Review” by Manitoba Health on February 26, 2019.

The following standards were reviewed:

- Standard 7 – Integrated Care Plan
- Standard 9 – Use of Restraints
- Standard 12 – Pharmacy Services (med pass audits)
- Standard 15 – Housekeeping Services
- Standard 17 – Therapeutic Recreation

In addition to the above mentioned standards the following was also reviewed by the team:

- Resident Health Records
- Observation of dining with residents
- Water Temperature Logs
- Clinical Occurrences
- Complaints
- Interviews with family’s and facility staff by random selection from auditors.

Results from the unannounced will not be known until approximately 6-8 weeks from date of visit. The general comments from the team attending the facility were very positive. We will share the outcome with everyone once it becomes available.



FOOD SERVICES

March is Nutrition Month; Are you ready to unlock the potential of food! This years Nutrition Month Theme Food is nourishment, but it's so much more. Every day, dieticians and the food services teams help Canadians unlock the potential of food to enhance lives, improve health, fuel activities and bring people together. Food unites us at the dinner table and is the centre of holidays. Food can improve health, prevent disease and keep us well for longer. At every touchpoint, food nourishes and inspires us (Dieticians Canada). The food services team will be working on the spring menu. Watch for some exciting refreshing items being offered. Watch for all the new faces in our kitchen that have recently joined our team!

Enjoy trying new recipes, be creative and have fun!!

Crepes Filled with Avocado, Roasted Peppers, and Feta

4 servings
Ingredients

	Crepes	
4	eggs, beaten	4
375 ml	milk	1 ½ cups
60 ml	melted butter	4 tbsp
250 ml	all-purpose flour	1 cup
	Pinch of salt	
	Topping	
125 ml	yogurt	1/2 cup
	Juice of ¼ lemon	
	Salt and pepper, to taste	
500 ml	baby spinach, washed	2 cups
1/2	red onion, thinly sliced into rings	1/2
2	roasted peppers (homemade or from a jar), sliced into rings	2
125 ml	feta cheese, crumbled	1/2 cup
2	avocados, peeled, pitted, and sliced	2
	Chopped chives, for garnish (optional)	

Instructions

Step 1 Put eggs in a bowl and whisk with milk and melted butter.

Step 2 Mix flour and salt in a large bowl.

Step 3 Add liquid ingredients to flour and salt. Mix well and whisk until blended.

Step 4 Add a knob of butter to a skillet over medium heat and cook about ⅓ cup (80 ml) batter at a time, about 90 seconds each side. Set aside.

Step 5 Mix topping ingredients in a bowl.

Step 6 Fill each crepe with spinach, onion and roasted pepper rings, crumbled feta, and avocado slices. Roll crepes up, drizzle with dressing, and sprinkle with chives.



We love to celebrate all occasions. Be sure to view our menu just outside the dining hall or visit our website www.goldenlinks.mb.ca to see some of the great meals we will be serving!

If your looking for meal cards to dine with your family please visit our Business Office.

LAUNDRY & HOUSEKEEPING



The house keeping department works diligently to keep all areas of the home clean.

All bed/bath linens and clothing protectors are provided through Selkirk Linen and are collected each day to be laundered at their site.

All personal laundry is washed (in hot water) and dried at Golden Links Lodge weekly and, delivered to your room. Families can opt out of this process by laundering their loved ones clothing themselves.



Although at Golden Links Lodge we try to make our environment as home like as possible there are items that are not permitted at our facility.

These items are listed below. If your Family member has any of the below listed items in their room please expect to be contacted by the manager of support services.

The following items are not permitted:

- Large Furniture
- Wall mount shelving
- Fabric chairs - leather or vinyl only
- Mini fridges
- Wall mount televisions
- Electric heaters /blankets
- Talcum/Baby powder
- Lipstick as it causes significant damage when it inadvertently goes through laundry. All lipstick must be stored at the Nursing Station, and not in your room.
- Non electric Razors- Staff are not permitted to assist residents with the use of non-electric razors for safety reasons.
- Scatter rugs
- Window coverings
- Bar soap
- Large televisions stands
- (De)humidifiers
- Hot packs/pads

Maintenance Team



Our Maintenance Team at Golden Links Lodge works very hard taking care of our entire building. In addition to this there are monthly checks in place for all resident-owned electrical devices and equipment to ensure there are no safety hazards.

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

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



- ⇒ Replacement of kitchen flooring.
- ⇒ Still on target for commencing foundation repairs will for spring of 2019.
- ⇒ Fireplace has been removed and flooring has been updated.
- ⇒ Work to the roof has begun and will continue throughout the spring.
- ⇒ Sheet metal work will commence once again as there has been more failing within the air ducts in the basement.
- ⇒ “Golden Locks” hair salon reno.
- ⇒ Carpet cleaning in Business Office to commence and finish first week of April.
- ⇒ Painting & purging of Business Office completed in January 2019.



RECREATION TEAM

We have two recreation facilitators here at Golden Links Lodge. Our recreation facilitator Jessy has been with us for just over a year now and obtained his education through the Therapeutic Recreation Facilitator for Older Adults program at Red River College in Winnipeg. Our newest recreation facilitator, Devan, started with us in January. Devan obtained her bachelor's degree in Recreation Management and Community Development at the University of Manitoba and went on to further her education by also obtaining a Diploma in Recreation Therapy through Mohawk College in Hamilton, ON. With two full time recreation staff we hope to continue to strengthen our recreation department by providing the residents at Golden Links Lodge with person-centered programming. We feel it is also important to offer programming that covers the 5 domains of health (physical, emotional, psychological, social and spiritual). Some changes implemented include more daily recreation programming as well as two evening programs a week and Saturday programming. We are fortunate enough to have a Volunteer Program starting which will result in volunteers coming to help and interact with residents in the evenings and weekends. We are always looking for volunteers and donations!

Some programs to look forward to in March, April, May and June:

- March 14th – St. Patrick's Day Party
- March 29th – Sandwich Making for Siloam Mission
- April 17th – Egg Colouring
- April 18th – Easter Party
- May 2nd – Mother's Day Photo Shoot
- (Looking for prop donations or to borrow for the day)**
- May 10th - Mother's Day Tea
- May 11th – Mother's Day Entertainment + Treats
- June 15th – Father's Day BBQ

The recreation department is also in the works of planning a garden program, intergenerational programming and dance entertainment.

The recreation department is eager and pleased to add/plan any specific programs wanted by residents. You can come talk to Jessy or Devan here at Golden Links or email them at Devan.Correia@goldenlinks.mb.ca and Jessy.Alexander@goldenlinks.mb.ca.

SOME IMPORTANT DATES TO REMEMBER

March 13, 2019— St. Patrick's Day Baking 6:00pm
March 14, 2019— St. Patrick's Day Party 2:00pm
March 16, 2019 — St. Patrick's Day Word Game
March 24, 2019 — Catholic Mass 2:30pm



April 14, 2019— Redeemed Church of God
April 17, 2019— Evening Egg Coloring with Devan
April 18, 2019— Easter Party— music by "The Naturals"
April 28, 2019— Catholic Mass 2:30pm

May 2, 2019— Mother's Day Photo Session with Devan & Jessy
May 10, 2019— Mother's Day Tea
May 11, 2019— Mother's Day Entertainment & Treats
May 12, 2019— Redeemed Church of God
May 26, 2019— Catholic Mass 2:30pm



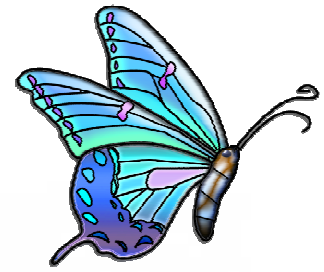
June 1, 2019— 1st Annual Family Day Garage / Vendor Sale
June 9, 2019— Redeemed Church of God
June 15, 2019— Father's Day Barbecue
June 23, 2019— Catholic Mass 2:30pm



For the periods November 2018- March 2019 of Golden Links would like to thank the below mentioned people:

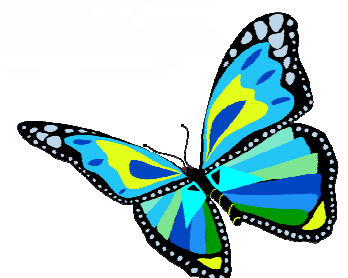
<p>Rachelle Mudray Bev Hindle Cindy Landles Jocelyne Lafournaise Tracey Stange Dennis Toy Karen Godden Cindy Ried-Moodie Ms. McCarthy Mr. L. Kizinkewich Jeffery Colpitts Helen Mitchell Confidence Rebekah Lodge No. 40</p>	<p>Ms. Rieger Sarah MacPherson Norwood Rebekah Lodge No. 42 Merle Libbrecht Frances Litster Mavis Willson Larry Coulter Luciana Stangerlin Ms. Kisyk Anneliese Hartfeil Lucy Mascitelli</p>	<p>Verna Pangman Heather Barker Linda Bourbonniere Cheryl Rimke Beverly Wilson Derrek Kerr Fabio De Souza Juanita Delorme Gerardo Virgilio Mary Louise Zorniak Sharon Morrison Terry Jennings</p>	<p>Pam Sabourin Joanne Southerland Diane Pogue Kirsten Reimer Linda Melizza Bev Muzyk Valerie Feuillatre Lenore Ollivier Sue Xi Craig McCarthy Alpha Lodge No. 92 1.0.0.F Jim Fuller</p>
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Your donations, unless otherwise specified, will go towards enhancing the quality of life of the residents. Please visit at our website for our 2019/2020 fundraising goals, we appreciate your continued support.



The world changes year to
year... Our lives from day to
day...But the love and memory
of you shall never pass away
In Loving memory
Of those residents that have
passed

We are extending our heartfelt
understanding and sincere
sympathy to the loved ones lost.
May you find comfort in the
memories you hold in your heart





Having a Meaningful Visit

www.alzheimers.ca

As dementia progresses and responsive behavior increase, visits become challenging. You may struggle to connect with her. Below are activities for you and your friend. Like the other tips, what works one day may not the next. Learn to observe (body language, tone of voice) and listen, even if he can no longer say words. We must always be flexible and change strategies when necessary.

Saying goodbye after a visit:

A family member becoming distraught when you attempt to leave isn't a responsive behaviour. But it is common and causes anguish for you both. To ease the transition:

- *Give a reason. If your spouse knows that you have to leave (e.g. you have a doctor's appointment or pick up your child), he will be more accepting of it. This suggests that you have to leave but do not want to.*
- *Plan your departure to coincide with an event (e.g lunch or a planned activity). Get your Mom settled there and quietly leave. You don't need to announce your departure.*
- *Plan a quick exit. Compared to a longer goodbye, your wife has less time to digest it.*

Don't say "goodbye," which has a sense of finality. Try "see you soon" or "bye for now."

- *Visits between a half-hour and an hour are best, especially for those who tire easily.*
- *Give a manicure, massage hands and feet with cream, wash and set hair, give a facial, shave or apply make-up. Such activities help the person to feel cared for.*
- *Look at newspapers and magazines together, taking time to read and discuss items depending on his capacity and interest.*
- *Help with phone calls, birthday cards and gifts. Try to let her participate.*
- *Keep a family diary or visitor's book in her room. Visitors can write notes, providing a social record. They can leave messages for each other or record observations.*
- *Plant an herb garden in window sill pots.*
- *Exercise together.*
- *Create a sensory box organized by theme, like jewellery, cook-books, spices, newspaper clippings, gardening, old family pictures, potpourri, fishing, farming, sewing, etc.*
- *Go for a walk or drive.*
- *Go for a favourite treat or bring one to her.*
- *Look through family pictures. Be sure to say "tell me more" when he talks about a memory.*
- *Read out loud.*
- *Listen to music.*
- *Make a scrapbook.*
- *Draw maps of travels, home or garden to spark reminiscence.*
- *Attend religious services.*
- *Bring a child or pet along and just watch.*
- *Eat in the dining room or outside to make him feel like the host.*
- *Bring a bouquet of flowers and arrange them in a vase together*

Familiarize yourself with the facility's schedule and the person's routine. When do they have lunch? When do they nap? For most, morning visits are better





The Golden Links Lodge Resident Council provides an opportunity for Resident and family representatives to have involvement in all aspects of the home by encouraging communication between Residents, families, and staff.

The council is chaired by a resident representative and member of Golden Links Staff. The principle goals of the council are to promote communication between Residents, families, staff, and administration. To deal with issues of interest or concern to Residents and make constructive recommendations to management on behalf of the Residents. To provide the opportunity for Residents and to have input into all aspects of care and service delivery. To promote interest, support and friendship amongst the Residents and to encourage a sense of belonging and community among Resident, Families, and Staff.

Resident council Meets Bi-Monthly on the first Thursday
at 10:30—11:30 in the Friendship room.

2019 Schedule

May 2

July 4

Sept 5

November 7

Lost your resident handbook? No worries! Visit our website to
review the electronic version.



GOLDEN LINKS LODGE
Personal Care Home



RESIDENT HANDBOOK

2280 St. Mary's Road, Winnipeg, Manitoba R2N 3Z6
Telephone: (204) 257-9947
Fax: (204) 257-2405
Website: www.goldenlinks.mb.ca

GOLDEN LOCKS

In February our long time hairdresser Darlene retired from hair-dressing. It was a quick decision and we were surprised and sad to see Darlene go! Darlene formed many long lasting friendships with residents, family and staff. She will be missed! But we know we will see often!

We apologize for leaving everyone hanging for a couple weeks! We were busy giving our salon a little "face lift!" Thanks to our maintenance team!

We are very pleased to advise that our new hairdresser begins Tuesday **March 12, 2019**. Maria Manetamer has been a licensed hairstylist since 1993. She has spent her career working in the St. Vital Area. She owned her own salon for several years. Maria currently works part time at In Stages and part time at a 55 plus apartment. Maria loves her work and her clients even more. She is very excited to join our GLL Team. Please join us all in welcoming her to our team! Darlene will work with Maria while she transitions into her new role. You will find her hours posted in the hair salon. Prices remain the same.

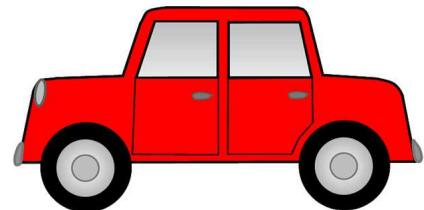
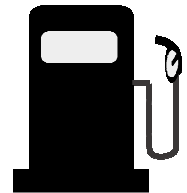


FILL IT UP!!!

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

VOLUNTEERS

VOLUNTEER APPRECIATION WEEK APRIL 7th 13th

Volunteers play an integral part in the many services provided by Golden Links Lodge. Their skills and assistance are felt in all areas such as; Recreation, Housekeeping, Dietary, etc.

A recognition event is being organized for volunteers during the Volunteer Appreciation Week. This will allow us opportunity to formally recognize their many contributions to Golden Links Lodge.

Thank you all for going the extra mile and making this a great place to be! A special thank you to our community partners: Samuel Burland School, Volunteer Manitoba, St. Amant Centre and Trail Blazers.

If you or anyone you know is interested in volunteering at Golden Links Lodge, please contact our Business Office at 257-9947 or visit our website at www.goldenlinks.mb.ca



THANK YOU



One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out a way to get him out. Finally he decided it was probably impossible and the animal was old and the well was dry anyway, so it just wasn't worth it to try and retrieve the donkey. So the farmer asked his neighbours to come over and help him cover up the well. They all grabbed shovels and began to shovel dirt into the well.

At first, when the donkey realized what was happening he cried horribly. Then, to everyone's amazement, he quieted down and let out some happy brays. A few shovel loads later, the farmer looked down the well to see what was happening and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was shaking it off and taking a step up.

As the farmer's neighbor's continued to shovel dirt on top of the animal, he continued to shake it off and take a step up. Pretty soon, to everyone's amazement, the donkey stepped up over the edge of the well and trotted off.

Will and Guy consider that the moral of this tale is: Life is going to shovel dirt on you. The trick to getting out of the well is to shake it off and take a step up. Through applying wisdom every adversity can be turned into a stepping stone. The way to get out of the deepest well is by never giving up but by shaking yourself off and taking a step up.



"It's funny, I spent the first half of my life desperately trying not to become my mother, and now I am spending the second half of my life desperately hoping to become half the woman that she is."
Helen C.
Escott, I Am Funny Like That



Golden Links Lodge 1st
Annual

GARAGE & VENDOR SALE

FUN
FOR THE WHOLE
FAMILY



SATURDAY JUNE 1, 2019 8AM-3PM

Kids can enjoy!

Petting Zoo
Dog & Cat Adoptions
Dunk Tank
Cotton Candy/Popcorn
Hotdog/Drink
Face Painting
balloon twisting

**We are proud to present the
following vendors:**

Chaeban Ice Cream
Leafelle
Avon
Tupperware
Calypso
The Barkers Dozen
Prairie Home Lettering

Armital Jewelry
A Taste of Africa
Bird & Bee Honey
Guiding Lights Services
Winnipeg Essential Oils
Olivias Beads

**2280 ST. MARY'S ROAD,
WWW.GOLDENLINKS.MB.CA
204-257-9947**

Photo: MyWall.com



www.goldenlinks.mb.ca



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