

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."

Golden Links Lodge Board of Directors

Chairman

Mrs. Debra Ashdown

Vice Chair

Mrs. Janis Harms

Secretary

Mrs. Helen Mitchell

Treasurer

Ms. Laura Balasko

Members at Large

Ms. Colleen Comack

Mr. Del Phillips

Ms. Lynne Stevens

Mr. John Howells

Mr. Larry Coulter

Mrs. Mavis Wilson

CEO

Marcy-Lynn Larner

DOC

Alison Anderson

“Summertime
is always the best
of what might be.”

—CHARLES BOWDEN



****NEW****

Please Sign In!

Please note that there is a visitor sign in book located in the front lobby, for safety reasons ALL families, friends, volunteers and contractors that are entering Golden Links Lodge must sign in and out.



Be mindful of the door!

Golden Links Lodge is a locked facility; this is for the safety of our residents. We do have residents who have Alzheimer's and Dementia who exit seek or would be at great risk if they were to leave the facility unaccompanied. Many of these residents have roam alerts on which alarm if they are close to an exit or if they have left the facility.

Please ensure that when you are coming in and out of the building that no residents follow you out.



WHAT TO DO NEXT...



When your loved one is on palliative care or nearing end of life it can be a very emotional time, at Golden Links Lodge we want to make this experience as comfortable as possible for all involved. If the resident wishes to have someone from spiritual care visit such as a minister or priest, families are welcome to make this arrangement for them to visit at any time. For loved ones wishing to stay overnight with a resident on Palliative Care we can provide a palliative care cot, to help make the night more comfortable.



When your loved one passes away, and family and friends have been able to say their goodbyes our Nursing staff will contact the residents Funeral Home of Choice as indicated on admission.

Donations

Golden Links does not accept donated clothing, furniture or equipment. Under special circumstances wheelchairs and open back clothing may be donated, however prior approval must be made with the Social Worker. If you wish to inquire about this please speak to the Social Worker or Manager of Clinical Services

Belongings

We encourage that families pack and remove their loved ones belongings from their room within 24 hours. If you require assistance or need to store items a nominal fee may be charged to the residents trust account.

Finances

The Business Office will assist you in closing out accounts, and settling any outstanding fees or charges. A check will be made out to the Estate of the resident within 60 days of their passing.



End of Life Survey

Golden Links is participating in a WRHA led survey in regards to satisfaction with End of Life in Personal Care Homes. Approximately one month after residents passing the WRHA will mail a survey to their family, in regards to their experience with the end of life care provided by the facility.


We respectfully requests that families complete and send these surveys back the WRHA as we will use the information in them to improve our services.

Take Care of yourself.

Greif is a very emotional experience when a loved one passes away, and can be overwhelming. Allow yourself the time to grieve, and reminisce over fond memories of your loved one.

Give yourself time and permission to heal, listen to your body and reach out to others for help. Continue to do things that you enjoy, allow yourself to laugh and remember you are not alone.



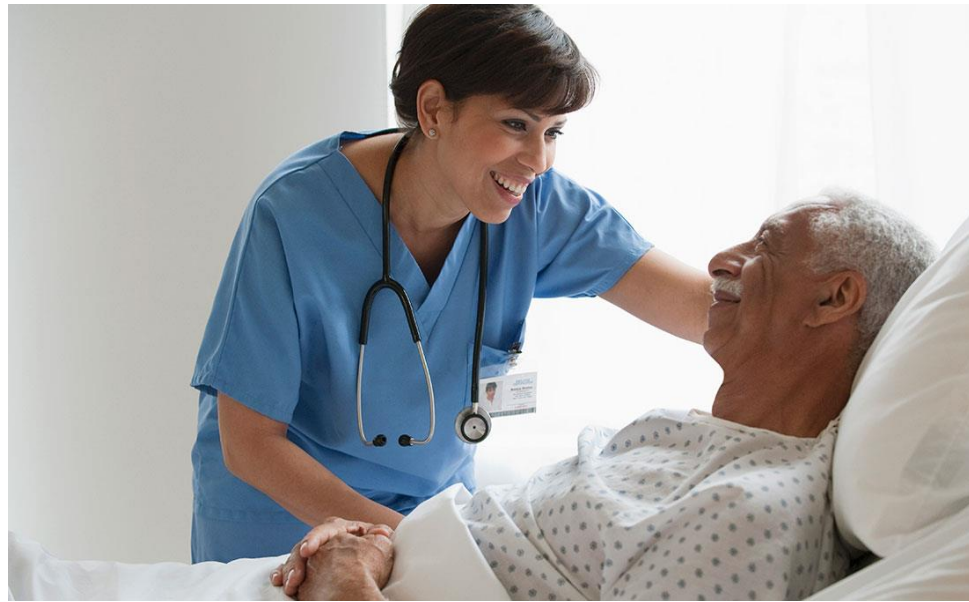
With Colored Wings I glide,
bold and beautiful, a butterfly.
To remind you that even though
 we are apart,
my spirit is always with you,
forever in your heart.



Nursing

Recently Many Nurses attended a Geriatric myth Buster educational workshop. Focusing on improving the lives of older adults. Several other educational sessions have occurred with our HCA's and Nurses.

A New and exciting opportunity for HCA's and Nurses will be a GPA (Gentle Persuasive Approach) workshop which will be held here at Golden Links Lodge in the fall.



Thank you to the Families and volunteers who took part in the feeding and swallowing education. It has been a big help to those residents that require assistance.

Now that the warm weather is here a reminder to please ensure residents have hats and sunscreen available prior to enjoying the great outdoors.



First Link ®



First Link® – A Referral Program for Health-Care Professionals linking people with Alzheimer’s disease and other dementias and their caregivers to the Alzheimer Society for information, support and education.

The program is designed to link individuals and families affected by Alzheimer’s disease or other dementias with services and support as soon as possible after diagnosis.

A formal referral by physicians and health professionals allows for proactive contact from the Society to help the family better cope with their situation.

Supports available include information, support groups, education sessions and referral to other health resources as needed.

While physicians and health-care providers can make referrals via First Link®, individuals and their families can also contact the Alzheimer Society directly for assistance.

The First Link® referral program provides an opportunity for health care providers and other professionals to refer people with Alzheimer’s disease or another dementia and their families to the Alzheimer Society for support, information and education.

Alzheimer Society

MANITOBA

Dementia Care & Brain Health

204-943-6622 | 1-800-378-6699

<https://alzheimer.mb.ca/we-can-help/programs-and-services/first-link/>



Laundry

Clothes, Clothes, Clothes, Golden Links Lodge washes the personal laundry of 88 residents, we have two washers and two dryers which means with the inclusion of sliders and additional linens we can wash on average five loads of laundry a day(Monday-Friday), this includes folding and returning laundry to each residents room.

One of the most important ways to help keep the staff in the Laundry on schedule is through the labeling of clothing and personal blankets.

Please ensure that when you bring any new clothing or blankets in for your loved one that you fill out the “clothing label” form at the nursing station and that you leave the items at the nursing station to be picked up by the laundry department to be labeled prior to being put into your loved ones room.



I've long since puzzled over where missing socks go. No matter how many pairs I buy, there are always some that manage to go missing.



For a while, I thought there must be some secret sock gnome that sneaks around at night, stealing socks for his own personal stash. I imagined him cackling with delight as he watched me leave the house wearing mismatched socks when I couldn't find a mate in the drawer.

Turns out, I was wrong. There's no secret sock gnome. Today while doing a load of laundry I learned the truth

My washing machine eats socks!

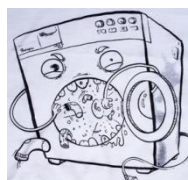


Table Talk

It can be difficult to have conversations with your loved one who has Dementia or Alzheimer's. Part of the disease process can make communication more challenging; often time's conversations can leave us feeling frustrated and awkward, or even like there is nothing to talk about. Although challenging meaningful conversation is achievable.

One of the important things to remember is to meet your loved one in their reality, what they are communicating feels real to them, so don't argue or continuously correct facts. If someone is looking for their father or is adamant that they were just there, reassure them, ask them how the visit was or let them know you will tell their father they said hello when you see him. It can be difficult in these situations it is best to accept the inaccuracy as their reality to avoid what could potentially become a distressing situation.

Meal times are a perfect time to have conversations with your loved one, as many have done in the past sitting around the family table. It is a great time to connect and reminisce. Some topics for summer time table talk can include, summer activities, BBQ or picnics, travel, family, the hottest day you can remember, the beach or lake.

FOOD SERVICES

Food is often an expression of Love and Care. We know that sometimes family and friends like to bring food in to share. We encourage family participation. Please make sure you let your health-care team know when your family would like to bring foods in. We also ask that you do not share your personal food items with other residents.

We know food and eating are often a highlight in the day. Your health-care team works together with each resident and family to provide the best mealtime experience possible.

We have a Dietician available 1 day a week on Fridays for any questions or concerns you may have. The Dietician promotes quality of life, good nutrition, including fluid intake, to allow you to function at your best.

Golden Links Lodge Dietician
Alexandra Reimer, RD
204-257-9947 ext. 232
Alexandra.reimer@goldenlinks.mb.ca

Spiralized Zucchini & Summer Squash Casserole



Recipe By: Hilary Meyer "If you don't have a spiralizer to make this healthy zucchini noodle casserole (aka zoodles), use a vegetable peeler to make long thin strips of the squash and zucchini, stopping when you reach the seedy center. Just a few minutes under the broiler gives these ricotta-and-basil-filled nests a light golden top."

Ingredients

- 1 cup whole-milk ricotta cheese
- ½ cup finely shredded Parmesan cheese
- ¼ cup chopped fresh basil
- 1 clove garlic, minced
- ½ teaspoon ground pepper, divided
- 2 medium summer squash
- 2 medium zucchini
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt

Directions

- 1 Position a rack in the top position of oven; preheat broiler to high.
- 2 Combine ricotta, Parmesan, basil, garlic and ¼ teaspoon pepper in a medium bowl. Set aside.
- 3 Using a spiral vegetable slicer or a vegetable peeler, cut summer squash lengthwise into long, thin strands or strips. Stop when you reach the seeds. You should have about 6 cups of "noodles." Place them on a cutting board and shape into an even 10-inch square. Cut the square into quarters. Transfer each "nest" to a 9-by-13-inch broiler-safe pan (or similar size 3-quart baking dish). Repeat with zucchini. Arrange the zucchini nests in an alternating pattern with the summer squash.
- 4 Drizzle the nests with oil and season with salt and the remaining ¼ teaspoon pepper. Make a well in the center of each and spoon in about 2 tablespoons filling.
- 5 Broil the nests until browned in spots, 6 to 8 minutes. Serve warm.

RECREATION

Summer BBQ's:

The Recreation Program facilitates monthly BBQ's in the backyard patio. These BBQ's are by a sign up basis and cost no money. The recreation department does this program by a sign up basis so that the residents attending are being rotated and everyone is given a chance to go outside for lunch.



Community Outing's:

The recreation department has had outings to Smitty's and St. Vital Mall so far this summer. Upcoming outings include The Forks, Assiniboine Park and a Tim's Hortons Walk. Outings are also on a sign up basis to ensure that every resident that would like too gets a chance to go. Outings do cost money as a wheelchair bus is booked; the buses hold four wheelchair accessible spots and four seats for individuals that use walking aids. The bus costs about \$21.00 each. Additional money may be needed depending on where the outing is. If you are unsure whether or not your loved one has money available to them you can contact Juanita in the front office. To sign up for an outing you can contact Devan in the Recreation department.

Current available spots:

The Forks → **2 seating spots** for individuals with walking aids

Assiniboine Park → **4 seating spots** for individuals with walking aids





RECREATION PROGRAM DATES TO REMEMBER

July 19th, 2019 → Golden Links Olympics 1:30 PM

July 25th, 2019 → Outing to The Forks 1:00 PM

July 26th, 2019 → Ice Cream Floats 2:00 PM

July 30th, 2019 → Hawaii Party 2:00 PM

August 2nd, 2019 → Gospel Church 10:30 AM

August 14, 2019 → Fort Gibraltar 1:00-4:00 PM

August 15th, 2019 → BBQ 12:00 PM

August 22nd, 2019 → Assiniboine Park 1-4 PM



We would like to welcome our Carolyn Hysop to the recreation team. She will be commencing her fulltime position starting August 6, 2019.



Thank you to all our volunteers, families, residents and community members who participated in or donated to our first annual Family Fun Garage sale Day. With your support the event was a huge success and was well received by all.

For the periods April-July 2019 of Golden Links would like to thank the below mentioned people:

Alan and Kelly Cade	Naomi Rebekah Lodge #6
Nikola Kokilev	Costco Wholesale Canada LTD WPG South # 549
Mini O's Mini Donuts	Carol Kos Chartered Professional Accountant Corp.
Frances Litster	River Par Automotive
Dorian Sherman	Walmart Canada Corp.
Storagevault Canada Inc.	Alan & Kelly Cade
Nicola Kokilev	Claire Klatt
Thomas Lussier	

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.

Upcoming Events

- **Annual Book & Bake Sale – November 7, 2019 (donations for bake sale welcome include recipe with baked goods, more info to come)**
- **Light the Links fundraiser starts November 12, 2019**
- **Resident & Family Holiday Come & Go – December 11, 2019**
- **ALL STAFF Holiday Pot Luck – December 12, 2019 (Staff sign-up sheets will be up end of November)**
- **Holiday Service (residents, family & staff) – December 18, 2019**



www.goldenlinks.mb.ca



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



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