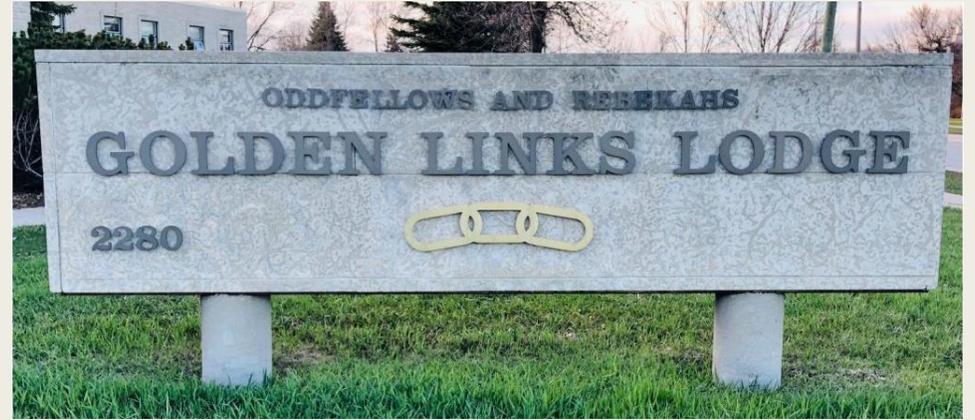


# GOLDEN LINKS LODGE

A Virtual Tour



# The Lodge



The Odd Fellows and Rebekah's turned sod in 1980, and Golden Links Lodge officially opened in 1981. Golden Links is a non profit Personal Care Home that serves the needs of our aging population who require 24hour medical care, support and supervision.

Golden Links is owned by the Oddfellows and Rebekah's, these groups currently hold membership on the Golden Links Board as well as operate the Grand Lodge board. Both of which oversee the operations of Golden Links.

Golden Links Lodge operates on the Odd Fellows and Rebekah's three principles of Friendship, Love, and Truth.

# Business Office



The business office at Golden Links Lodge is one of the first things you will see when you enter. This is where our administrative staff offices are, Reception, Human Resources, Scheduling, Director of Care, Social Work and CEO.

# Lobby



The front lobby has many different seating options for residents and families when visiting, the cozy corner can be utilized for meals or other activities. There is a piano that residents, families and staff are welcome to play. The Golden Links Tuck Shop is also located in the lobby where residents can purchase different kinds of treats or toiletries.

# Friendship Room



The Friendship Room is where the majority of our recreation activities take place. Throughout the day you can see residents participating in activities such as, exercise, baking, sing-a-longs, bingo, movies, arm chair travel or aroma therapy to name a few. Golden Links has two Recreation Facilitators who carryout the different programing Monday-Friday. Recreation calendars are posted on the Golden Links website as well as in each resident room.

# Dining Room



The Main Dining Room at Golden Links hosts three home cooked meals a day, accommodating for specific diet textures. Each resident is assigned a spot in the dining room. Two hours after each meal hydration and snack carts go out to each floor where staff distribute to residents. The Menu is posted outside the dining room and can also be found on our website. The Dietician is in weekly to visit the Lodge and the Speech Language Pathologist is in on an on call basis.

# Hair Salon



The Golden Links Hair Salon is operated by a licensed hair stylist. There is also a foot care nurse that visits every 6-8 weeks. There is a fee for both services which can be set up on admission.

# 1<sup>st</sup> Floor Nursing Station/Lounge North and West Wing



# Resident Courtyard



The outdoor courtyard area is accessible for independent residents through the first floor lounge. The area is gated and locked, it has a walking track and shaded area. Residents, families and visitors are encouraged to use this space when weather permits. Recreation will also utilize it for outdoor activities and resident barbeques.

# Elevator



Golden Links Lodge has one elevator to access the second floor, residents and families are free to utilize the elevator to move about the facility if independent to do so. There is stairwell access to the second floor for visitors and staff. Residents are not permitted to use the stairs for safety reasons.

# 2<sup>nd</sup> Floor Nursing Station/Lounge North and West Wing



# Fawcett's Bistro



Fawcett's Bistro is the dining nook located on the second floor, a small number of residents will dine in this area on a regular basis. There is a small kitchenette also located in this area.

# Little Lounge



The Little Lounge is a great space for residents and families to visit on the second floor.

# Rehab



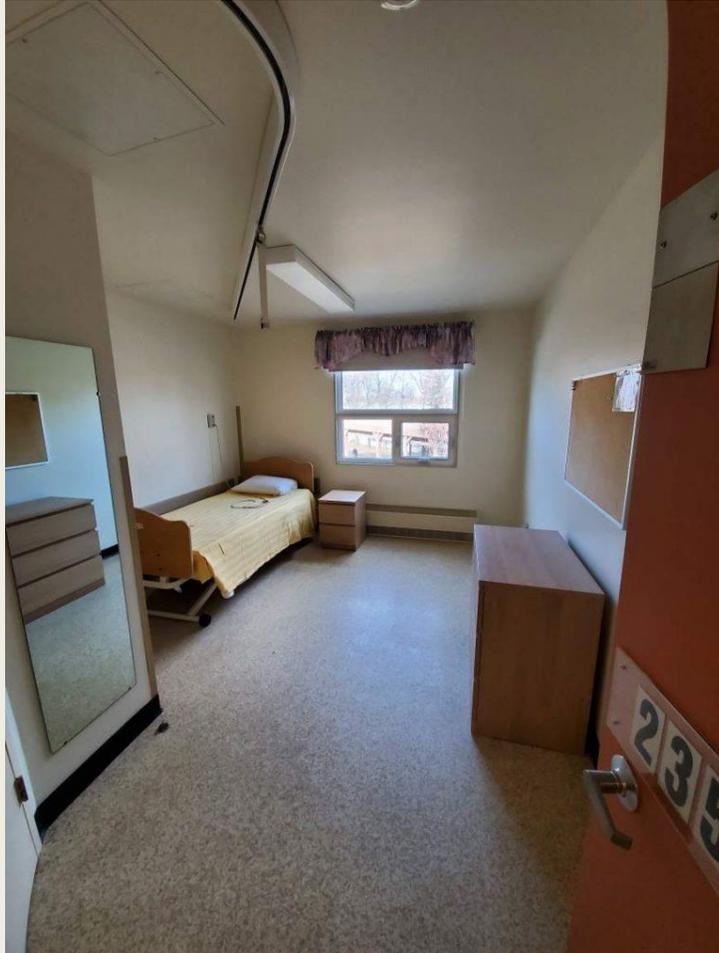
The rehab office is located on the second floor. The Rehab Aid is at the Lodge Monday-Friday and assists residents with any rehab needs, they also provide equipment support to residents and families and work closely with the Occupational Therapist. The Occupational therapist is at the Lodge once a week. The Physiotherapist is at the lodge monthly and on an on call basis. The Rehab aid carries out the programs with residents as prescribed by the Physiotherapist.

# Tub Room



There are two soaker tubs located on each floor of the lodge, baths are given once a week. We encourage residents to bring in their own products such as shampoo, conditioner, body wash and lotion. The Lodge can provide these if needed.

# Resident Room



Golden Links Lodge has 88 private rooms, each containing a two piece washroom, hospital style bed, three drawer dresser OR writing desk, end table and closet. Each room has a call bell attached to the wall at the bedside and in the washroom. Room dimensions are 11'x18'. There are 42 rooms on the first floor and 46 rooms on the second floor. For as list of what to bring and what not to bring please see our resident hand book and frequently asked question sheet on our website.

Our residents do  
not live in our workplace,



we work in their home.

# Frequently Asked Questions

## **Can I bring in my own furniture?**

Golden Links Lodge will provide you with a hospital type bed, night stand, writing desk OR three drawer dresser. If you would like to bring in your own furniture they must fit these specifications:

Two pieces only:

1 end table no larger than 22"x18"x30"

1 dresser no larger than 59"x18"x30"

## **Can I bring in my own chair?**

Yes, however, your chair must be Leather or Vinyl for infection control purposes. Fabric chairs, rocking chairs or footstools are NOT permitted.

## **What are the Room Dimensions?**

The resident rooms are 11x18, the living area of the room is 187sq.feet.

## **What size TV can I bring in?**

Cable is an additional cost, if you would like a TV in your room it can be no larger than 32" and has to sit on top of your dresser/desk.

Wall mounts are not permitted.

## **Can I bring a mini Fridge?**

Golden Links does not permit mini fridges in resident rooms.

## **Can I bring an extension cord?**

No, extension cords are not allowed for safety reasons. If you feel that you need you can bring in a three pronged power bar with surge protector.

## **Can I paint my room?**

No, rooms cannot be painted or have wallpaper applied. Each room has a quark board for calendars and pictures, and our maintenance team will hang up to five picture hooks on the wall for photos. Wall sticker hooks are not permitted.

## **Can I put up curtains?**

Residents at Golden Links are not permitted to put up curtains for safety reasons. Each room has a roller blind to cover the window.

## **Are the rooms Air conditioned?**

The rooms are not air conditioned. The temperature in the facility is controlled through central air conditioning in the common areas.

Residents are permitted to have small fans in their rooms if needed.

## **Can I have a pet in my room?**

Golden Links residents are not allowed to have pets live with them however, there is a pet visitation program run through the recreation team in which your pet or loved ones pet can come and visit you at the lodge.

## **Who will do my laundry?**

All personal laundry is labeled with your name and washed in hot water and put in the dryer. Your family can choose to wash your clothes at home. All linens, bedding and towels are washed at Selkirk Linen.

# Frequently Asked Questions

## **Can I bring my own Blanket?**

Yes, personal blankets need to be fit for a twin bed for safety reasons, and be able to be washed in the facility in hot water and put in the dryer.

## **Can my family stay the night?**

Families of loved ones who are ill or palliative can utilize the facilities palliative care cot to stay with their loved one overnight.

## **How often will I receive a bath?**

Golden Links has two tub rooms on each floor, bath days are scheduled weekly.

## **What time are the outside doors locked?**

The outside door to the building is locked at 8pm, access for family members is permitted through ringing the doorbell.

## **Can I leave to go on an outing with my family?**

Outings are permitted but need to be arranged with the unit nurse. Residents need to be signed in and out.

## **When are meals served?**

Meals are served at 9:00am, 12:00 and 5:00pm and a hydration/snack cart goes out two hours after each meal to the units. Fluids and sandwiches are available 24hrs a day.

## **Can my Family eat with me in the dining room?**

Family can join you for meal times both in the dining room and in other areas of the home. Meal tickets can be purchased with 24 hours' notice at the business office.

## **What is the staff to resident ratio on the different shifts?**

Staff ratios are in keeping with the Manitoba Health requirement of 3.6 hours of care per resident per day. There is a staffing ratio of 30% professional staff (RN or LPN) and 70% health care aides (HCA). This staffing configuration includes full and part time staff.

## **Does the staff receive on-going training?**

Staff training is done on a regular basis, there is an annual education fair and other specific education that occurs throughout the year based on the WRHA Standards and facility needs.

## **Who are the doctors?**

The Doctors at Golden Links are Dr. Ramgoolam, Dr. Doan and Dr. Ball, each doctor visits the lodge weekly and are available 24 hours to the nursing staff on an on call basis.

## **Which hospital would I go to if the need arose?**

In an emergency situation, paramedics would usually take you to the closest hospital, which is the Victoria General Hospital, unless otherwise designated by WRHA on-call provisions. In a non-emergency situation, you can request another hospital but it would be at the paramedics' discretion.

## **Can I take herbal supplements?**

With review and approval by the care team, herbal supplements may be allowed.

**\*Please contact the business office to find out about our COVID19 restrictions\***