

Individuals. To discover what is meaningful to another we must listen and observe.” As we learn what our elders’ are able to do and what they enjoy doing, we will open up ways for them to help us and each other. We all need to be needed.



Kinsmen Lodge is a Care Home where one hundred and fifty seven people live together, are cared for, and cared about. To “care for” someone is to meet their needs (physical, emotional, spiritual and social). To “care about” someone is to feel affection, friendship and empathy. Both kinds of caring are part of the job description for all of us who work at Kinsmen Lodge: in nursing care, housekeeping, meal preparation and recreation.

As Dr. Thomas says, “Let’s remember that they don’t live where we work. We work where they live.” It’s all a matter of attitude.

AN INTRODUCTION TO THE EDEN PHILOSOPHY OF CARE

In the early 1990’s Dr. Bill Thomas began to speak about the need for a change in attitude towards our elders and how care is provided in Nursing Homes. He calls his new way of thinking ‘The Eden Philosophy of Care’. He identifies the three main causes of suffering among our elders as being **loneliness, helplessness and boredom**. He proposes the following solutions:

For **loneliness** the solution is having loving companionship with people and animals.

For **helplessness** the solution is having opportunities to give help as well as well as receive help.

For **boredom** the solution is having a life filled with many kinds of activity, some planned and some a pleasant surprise.



We at Kinsmen Lodge support and value the Eden Philosophy and are committed to practicing this ideal.



We welcome children and provide a variety of toys so they will have a happy time here at Kinsmen Lodge. Being with children can trigger pleasant memories of youthful days gone by, can encourage optimism for the future of the world, and can energize our elders with their playful ways.



Dr. Bill Thomas wrote that, "Nature always mixes growth and decay, youth and age in its habitats." Our garden, our balconies, and our potted plants throughout the building provide opportunities for our

elders to connect with nature. Live plants give us beauty, oxygen, and reminders of the cycle of life in ways that silk or plastic plants never can.



Here at Kinsmen Lodge we have fish, birds, rabbits and cats to fill life with beauty, laughter and surprise. Dr. Thomas wrote, "The animals create happenings, which become stories, which are then passed person-to-person throughout the home." Our rabbits are cute and soft to touch. Our fish and birds are pretty and always moving. Our cats are peaceful when they sleep and full of life the rest of the time.

Not everyone will be into animals or plants. Every person is unique. Dr. Thomas wrote, "Pursuing what is meaningful brings us joy and helps us grow....What's meaningful to us defines us as