

Welcome to Kinsmen Lodge



April 2024

In Loving Memory

*Bartolome Balangue, Charles Davey, Richard Gardner,
Dennis Howard, Dezmond Kamstra, Helen Sureau,
Sheila Ratzlaff*

New Faces at Kinsmen

**Frederick Ewasiuk, Karen Chwolles,
Percy O'Hanley, Debbie Bonny**

HAPPY BIRTHDAY TO YOU...

April Birthdays:

1st *Ronnie Freeman*
1st *Martha Bartels*
7th *Gregory Jarvis*
11th *Ursula De Backer*
12th *Walter Cresswell*
12th *Jian Liu*
15th *Byron Maine*
15th *Dorothy Galenzoski*
17th *Elvira Maurice*
17th *Luisito Jiongco*
22nd *Arnold Nordlander*
23rd *Krishna Swamy*
29th *Donald Welch*



April Events

Bus outings

- 11th Country Drive
18th Country Drive
25th Country Drive

Meetings

- 19th Elder and Family Council Meeting

Special Events

- 5th Celebration of Life @ 10:00am
13th Vaisakhi Kirtan @ 2:00pm
27th Volunteer Appreciation Lunch
30th Deep Fried Dessert Day @ 2:00pm



Getting to Know our Volunteers



Rayveen Sani is our volunteer of the month for April. She has been volunteering with us for about two years now and comes in every Saturday morning to help in the The Shoppe. Rayveen was born and raised in Surrey and is currently a high school student. In the future she hopes to study at UBC and become a lawyer. Some of her interests include reading, listening to music, sewing and also enjoys listening to our elder's special stories here at Kinsmen.

Interesting Facts about Rayveen

Favourite Music: "I like listening to pop music because it's catchy."

Favourite Food: "I like eating Pizza."

Favourite Colour: "Blue because I think it's a calming color."

Favourite Movie: "Legally Blonde because I think it's an empowering story."

Favourite Book: "My favourite genre of books would be thrillers since they are able to keep me enthralled in the story for so long."

Favourite scent: "My favourite scents are the smell of flowers especially rose or lavender."



GETTING TO KNOW YOU Elder Profile

NAME: Beverly Milliard

BIRTH PLACE: Vancouver, BC

FAVOURITE COLOUR: I like lots of colors, they're all nice, but I like **Green** best!



FAVOURITE FOOD: I'm not picky; I like everything, and a glass of white wine

FAVOURITE MUSIC: I enjoy listening to Elvis, Frank Sinatra, Rod Stewart & Michael Buble

FAVOURITE SCENT: I can remember the smell of Sunday Roast Beef dinner cooking. MMMmmm 😊

FAVOURITE BOOKS: I really liked Anne of Green Gables, and have read it more than once!

FAVOURITE MOVIE: No favorites, but I like to watch Hallmark movies because they're happy

WHAT MAKES YOU HAPPIEST: I'm happiest when I'm with my family (children & grandchildren)

HOW LONG HAVE YOU LIVED AT KINSMEN PLACE LODGE? I've been here at Kinsmen since Dec 1, 2023

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN? I've participated in Friendly visits, Special events, Crossword, Trivia, Active Games, Happy Hour, and Bingo!

SPECIAL MEMORIES: My Grandchildren – Aimee, Shelby, Payton & Juno - they are all very special to me! Also, when my daughter was young, I volunteered as a Brown Owl, & a Girl Guide Leader, for over 10 yrs.





Nicki's Notes

With April upon us, our schedule is bustling with activity, and I would like to share some of the exciting developments underway. As touched upon last month, the Society has contracted the services of the Howegroup to assist with identifying the senior care priorities in our region. We are now deeply engaged in a needs assessment; connecting with Elders, families, and partners in care to ensure that we are meeting the evolving needs of our community. As part of this effort, we are hosting a special focus group on May 2nd at 2:00 PM in the Recreation Room. Please mark your calendars and plan to attend. We invite all Elders and families to join the session, and share the challenges and experiences you faced with regards to accessing senior care before making the transition and moving into Kinsmen Lodge.

Additionally, this month, we are not only recognizing the outstanding contributions of our volunteers, but also celebrating the arrival of spring, and the abundance of activities it brings. It is truly delightful to see people across our community embracing the outdoors, mowing their lawns, and prepping their gardens. Speaking of which, did you know that we offer family garden plots for you to enjoy with your loved ones? It is a wonderful opportunity to bond with our Elders while creating a beautiful planter, and enjoying the fresh air. While I must admit I do not have the greenest thumb myself, I eagerly look forward to the chance to try my hand at gardening each year – some years with more success than others! Please contact Chris, Director of Recreation & Volunteer Services, via email at charrison@kinsmenlodge.ca to reserve your garden plot today.

On a personal note, I am excited for two significant events involving my daughter. She is a member of the University of Victoria (UVic) dance team, and I will be travelling to “the island” to watch her perform with her team at their year-end dance show. Over the years, her dedication to her craft has been so wonderful to watch on stage. I am also very excited for her return home, as she will be completing her first year at UVic later in April. Her university journey through the last eight months has been a source of immense pride and joy, and having her back home soon fills me with happiness. It is a continual reminder of the importance of family bonds, and the milestones we celebrate together; no matter the ages of our many loved ones.

Turning our attention to Volunteer Month, it is an opportunity to honor the exceptional individuals who selflessly devote their time and energy to supporting our Elders. From the dedicated volunteers who provide visits and assist with programs to the invaluable guidance of our Board members, every contribution is deeply valued and appreciated. To all of our volunteers, we extend our heartfelt gratitude for your dedication and commitment. Your passion and generosity allows us to make a profound difference in the lives of the Elders under our care.

As we navigate through April, I encourage you to enjoy the spirit of spring, cherish your moments spent outdoors, celebrate the incredible impact of volunteerism within our organization, and hold dear the bonds of family that enrich our lives. **HAPPY EASTER ♥**



Chairs: Leona Schmitke & Christine Lawford

Elder Family Council Minutes
Feb 23 @ 1:30 PM

- Recent Past & Upcoming:

Jan 25 – Robby Burns

Feb 1 – Kathy’s Retirement Party

Feb 10 – Chinese New Year

Feb 14 – Valentine’s Day

Feb 28 – Pink Shirt Day

Mar 9 – Dunvegan Dance Academy – 1:30 PM

Mar 10 – Daylight Saving’s Time – Spring ahead 1 hour

Mar 15 – Steel School of Irish Dance – 11:00 AM

Mar 17 – St Patrick’s Day Party – 2:00 pm

Council members expressed enjoyment of past events, and are looking forward to upcoming events.

- Kathy, who was our CEO for 19 years, officially retired last month. We had a beautiful Retirement party for her Feb 1/24 – and it was a packed house! Staff entertainers, dancers, and singers helped show her, and her family, just how much we love her, and will miss her. Nikki, our new CEO, has settled in to her Office – if you see her around, please make sure to introduce yourself and help her feel welcomed into the Kinsmen family! *Nikki Bavis, our new CEO was in attendance; Co chair introduced Nikki to Members and invited her to share a little about herself - Council members welcomed to Kinsmen.*
- Many of you will have already met & participated in activities with Lorina, our new Stenberg practicum Student. She will be here until March 18/24 – if you haven’t met her yet, you will quite likely run into her working alongside our Rec Team over the next few weeks. *Lorina was in attendance; Co chair introduced Lorena and invited her to share a bit about herself – Council welcomed to Kinsmen*
- Chris is currently in the process of interviewing for a new Chaplain/Pastor. Dickson, our previous Chaplain left to pursue other interests & opportunities. *Council members appreciate & acknowledge the time involved to find the right person, and look forward to meeting a new Chaplain in the future.*
- New Art work & projects
You may soon notice some brightly painted wooden Love Hearts throughout the Garden & Hallways. They were donated by Rick Diamond, from Rick’s Heart Foundation, and may even have been painted by some of you – all bright & cheery looking!



Chairs: Leona Schmitke & Christine Lawford

We will begin work on our new “Feature Wall” Art Project in the Recreation Area, sometime in early/mid-March. It will replace the current beautiful & collaborative Mural. It’s to be an abstract design, made up of Weavings – current & new. Please talk with Nika, our Art Therapist if you think you’d like to take part! **Some Members of Council were unhappy with potential taking down of the Recreation Room Mural, and replacement with “Weaving Wall/Feature Wall.”** Chris (Rec Manager) proposed a Vote to determine whether we keep Mural, or change to Weavings Wall. Majority voted to keep Mural. Currently, plans halted to discuss alternate Weaving Walls throughout the building with Nika, Art Therapist.

There have been a few Weaving mobiles hung in some of the Elder’s rooms – if you would like one in your room, please speak with Nika, or let the Recreation team know.

- Visitation Ambassadors up front at Reception until 7 PM nightly – they too get a bit lonely, please feel free to pop by and say hello! ***Some Council members shared that they like to go visit Ambassadors in the evening.***
- Sheila, our Music Therapist, will be directing a musical tribute to “The Wizard of Oz” for June 2024 performance! If YOU, or any of your family members might like to be involved in the production in any way, please contact Sheila, or the Recreation team. ***Sheila, was in attendance and shared her plan for the Musical, and invited Elders to come talk to her if they, or family would like to participate. Council members look forward to the presentation!***
- Update on pets

Harris, our 1st floor Cat, is still prescribed a NO TREAT, and soft texture diet due to his lack of teeth. He prefers the Soft meat over the dry food, so happily eats all of his meals! Insulin levels are still varying, and as such, we are watching him closely, and following Doctor’s (Vet) orders. **Members sympathetic to Harris’s soft texture diet, and agree with the importance of staying with prescribed diet/no treats.**

We have a very kind hearted, caring & dedicated Pet Care Team – Tanya, Ashley & Eric. They work very hard so that our Pets (all of them) have a clean environment, fresh water & food, and daily supplies. They also take the time to provide Pet visits throughout the building, bringing the bunnies to Elders who enjoy seeing them, and/or petting & cuddling. We are very fortunate to have such a caring & gentle Pet Care Team – when you see them next, please be sure to let them know how much we appreciate all they do, and give them a big smile & Thank you! ***All in attendance appreciate the time, and loving care our pets receive from our Pet Care team – Tanya, Ashley & Eric.***

Family are welcome/encouraged to attend

Next Meeting will be April 26, 2024

How to get more fibre in our diet?

We often hear about fibre being good for health; that we should try and add high-fibre foods to each meal; and up to half our plate should have fibre-rich food.



When adding fibre, we have to be careful about a lot at once and adding without liquids to accompany. Overdoing it can cause gas, bloating, diarrhea, and abdominal cramps as our gut bacteria are learning to process all the new fibre. These problems will go away as our digestive system gets used to the higher fibre.

We can avoid the problems by adding fibre gradually. For example, add just one more serving of a high-fibre food to the daily diet for a week, then see how the body feels. Give it another week, if want. If everything is okay, add another daily serving for a week. Continue this pattern until reach the daily goal of fibre.

Also make sure to drink plenty of liquid each day—about 8 cups of water (16 ounces) throughout the day. Increasing the water is important for fibre to pass through our digestive system and avoid stomach distress.

Here are some additional tips to help make the higher-fibre transition easier.

- **Eat a minimum of three servings of vegetables and two servings of fruit every day.** What does that look like? In general, one serving is a single piece of fruit or a half-cup of fruits or vegetables, or a cup of leafy greens.
- **Include fruits, vegetables, or both with every meal.** For instance, include fruit with breakfast and as a snack, and vegetables with lunch and dinner. Use fruit as dessert to increase the count!
- **Eat pulses (the seeds of the legume family), such as beans, lentils, and peas, at least three times a week.** We can include this plant-based protein in meatless dishes, for example lentils & broccoli with rice, or as a starch side in place of grains, have fish on a bed of lentils rather than rice.
- **Nuts, seeds, and fruit for snacks.** Or add to foods like yogurt, oatmeal, salads, and stir-fries.
- **Replace refined grains like white bread with whole grain breads.** For pasta, look for one made from quinoa or pulses like chickpeas and lentils.
- **Check nutrition fact labels for the amount of dietary fibre.** Aim for 5 or more grams of fibre, or at least 4 grams, per serving.
- **Remember water is a friend of fibre,** and this teamwork gets results!



By your Kinsmen Lodge Dietitian

Adapted from "Health Beat: Preventing Diverticulosis & Diverticulitis" Harvard Health Publishing

You are invited to help in the garden

Family Garden Plots

We are looking for family members who are interested in taking care of a small garden plot. We will provide soil, and the plot. Just tell us what you want to plant.

**For more information please
Contact Chris at 604-580-8023**

**We are hoping to start planting in
March**



CASTING CALL for

THE WIZARD OF

OZ

June
2024



Elders, staff, family, kids, friends & volunteers:

Do you like to sing, dance, act, paint, sew, organize, etc.?
We are looking for participants and helpers of all ages to
help put on a creative version of The Wizard of Oz.

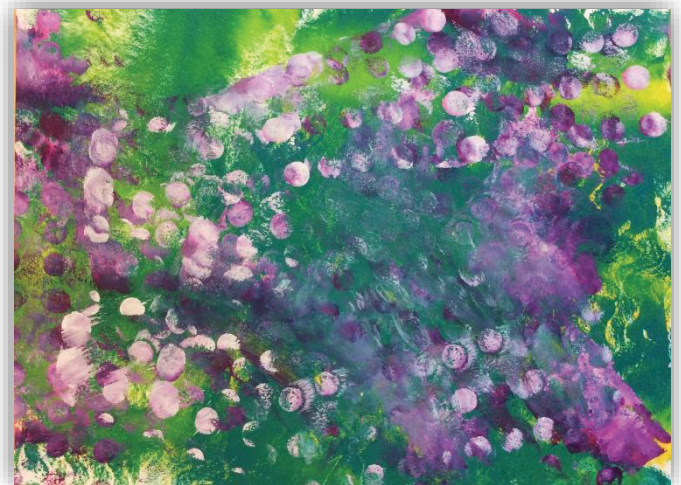
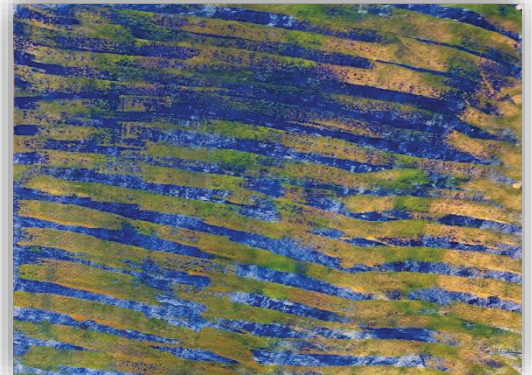
Contact **Sheila** (Music Therapist) if you and/or your kids
are interesting in getting involved!

recreation@kinsmenlodge.ca

(604) 588-0445 ext 2004

Roller painting on Brookside and Crescent Neighborhoods

Over the past few months we have tried roller painting and simple print making several times. This has been a fun way to come up with beautiful abstract paintings. Rollers are easy to hold and come with a variety of patterns on them which help in creating interesting layered patterns. Thanks to everyone who comes to paint! It may not always feel easy to do and can present some challenges. Painting can also be a lot of fun and a great way to express yourself if you put self criticism aside (easier said than done!). Here are some examples of the process and some beautiful finished pieces.



Paintings top to bottom: Bachni Uppal,
Joan Brown and Gillian Thompson