



October
2025

OCTOBER EVENTS

Bus Outings

14th Country Drive
19th Country Drive
30th Country Drive

Special Events

3rd Celebration of Life - 10 am
9th Oral Health Presentation in the Chapel, 10 am
24th Piano Recital – 10:30 am
31st Halloween Party – 3:30 pm

Kinsmen Christmas Market

November 29th, from 9-4ish

Looking for vendors

For more info call

Chris 604-580-8023



New faces at Kinsmen

Sylvia Kaine, Fred Davies, Rie Beugelink, Al Enquist

HAPPY BIRTHDAY TO YOU...

1st	Nour Jean Arabatlian
1st	Patricia Parker
3rd	Mary Brown
5th	Roger Bonneteau
7th	Alan Kelly
17th	Bob Yan Xin Kan
25th	Ryszard Kosacz
26th	Christine Lawford
27th	Ernest Dawson
27th	Ruby Garden
31st	Lucila Medrano

**HAVE YOU
ORDERED CABLE?**



Did you know we offer cable TV service right in residents' rooms?

For many residents, having access to familiar shows, news, movies, and sports brings a sense of comfort, routine, and joy.

If you think your loved one would enjoy having cable in their room, we'd be happy to help you get it set up. The process is quick, the cost is reasonable, and the benefit can be meaningful.

Email info@kinsmenlodge.ca or stop by the reception desk today!

Getting To Know Our Volunteers



For the month of October we would like to acknowledge our Saturday morning volunteer Lorena Mann. Lorena has been with us for over a year now and has also, done work experience with us for 3 weeks. She is currently in grade 12 at Panorama Ridge Secondary and hopes to become a Psychologist in the future. Lorena assists with many recreation programs, special events, does pet care, inputs elder's attendance, and one to one

visits. She volunteers because, "It's interesting to meet so many different types of people. You learn so much about yourself, others, and enhance many crucial skills. It's also fun." In her free time she enjoys watching TV, playing games with friends and shopping. What makes Lorena happy is seeing scenic views such as, the mountains, eating sweet things, staying up at night and having genuine conversations with people.

Interesting Facts about Lorena:

Favourite Music: "I like songs with a specific beat or instrumentals like guitar or piano."

Favourite Food: " Bagels and cream cheese because they go well together."

Favourite Colour: " Baby Pink because it's pretty colour."

Favourite Movie: " How To Lose A Guy In 10 Days because the plot was super interesting and I like movies from that time period because of the aesthetic."

Favourite Scent: " The smell of flowers because they smell nice and different."



GETTING TO KNOW YOU

Elder Profile

NAME: Leona Schmitke

BIRTH PLACE: New Westminster, BC

FAVORITE COLOR: Yellow – it makes me think of bright lights, lemons and sunshine!

FAVOURITE FOOD: I love Green Apples, and Chinese Food – Beef & Broccoli

FAVOURITE MUSIC: I like Classic Rock - Journey, Cars, and Collective Soul

FAVOURITE SCENT: I love the smell of freshly baked Bread, and Apple Pie!

FAVOURITE BOOKS: I used to love reading mysteries & suspense – Dean Koontz and Agatha Christie

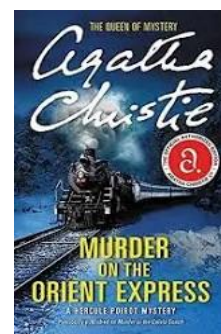
FAVOURITE MOVIE: I love Comedies – Identity Theft, Miss Congeniality etc

WHAT MAKES YOU HAPPIEST: I am happiest when with happy, smiling people, and my family.

HOW LONG HAVE YOU LIVED AT KINSMEN PLACE LODGE? I have been here since Sept 13/02

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN? Everything! I participate in pretty much everything – lol, anything that gets me out of my room!😊

SPECIAL MEMORIES: My wedding day – it was a beautiful sunny day in Queens Park. In addition, the birth of my 2 beautiful daughters, Jewelry & Kayla, as well as my 2 precious Grandsons, Kaizer & Jasper!





Nicki's Notes - AGM & Annual Report Recap

September was a busy month at Kinsmen Lodge. On September 17, 2025, we successfully hosted the South Fraser Senior Care Society's Annual General Meeting (AGM) and **presented our 2024/25 Annual Report**. Thank you to all who joined us to celebrate our achievements, review our progress, and look ahead to the future.

AGM Highlights

At the AGM, we:

- Shared the various reports, capturing key accomplishments and challenges of the past year.
- Presented the Annual Report and Audited Financial Statements.
- Discussed ongoing initiatives in care, operations, and culture.
- Confirmed Board updates and governance matters.
- Answered questions from Society members, families, and community partners.

We are grateful to everyone who attended and contributed. If you would like to obtain a copy of our Annual Report, you can inquire at the front desk, or request a digital copy from info@kinsmenlodge.ca.

Key Takeaways

- A modest surplus was achieved, but largely due to careful cost controls and temporary grants.
- \$200,000+ in grant funding was essential to balance rising costs; this level of external support is not guaranteed in future years.
- Staff education and certification programs continue to strengthen safe, person-centred care.
- Strong culture of safety maintained through monthly JOHS meetings and regular drills.
- Ongoing **financial pressures** from wage increases, inflation, and funding changes mean continued vigilance is required.

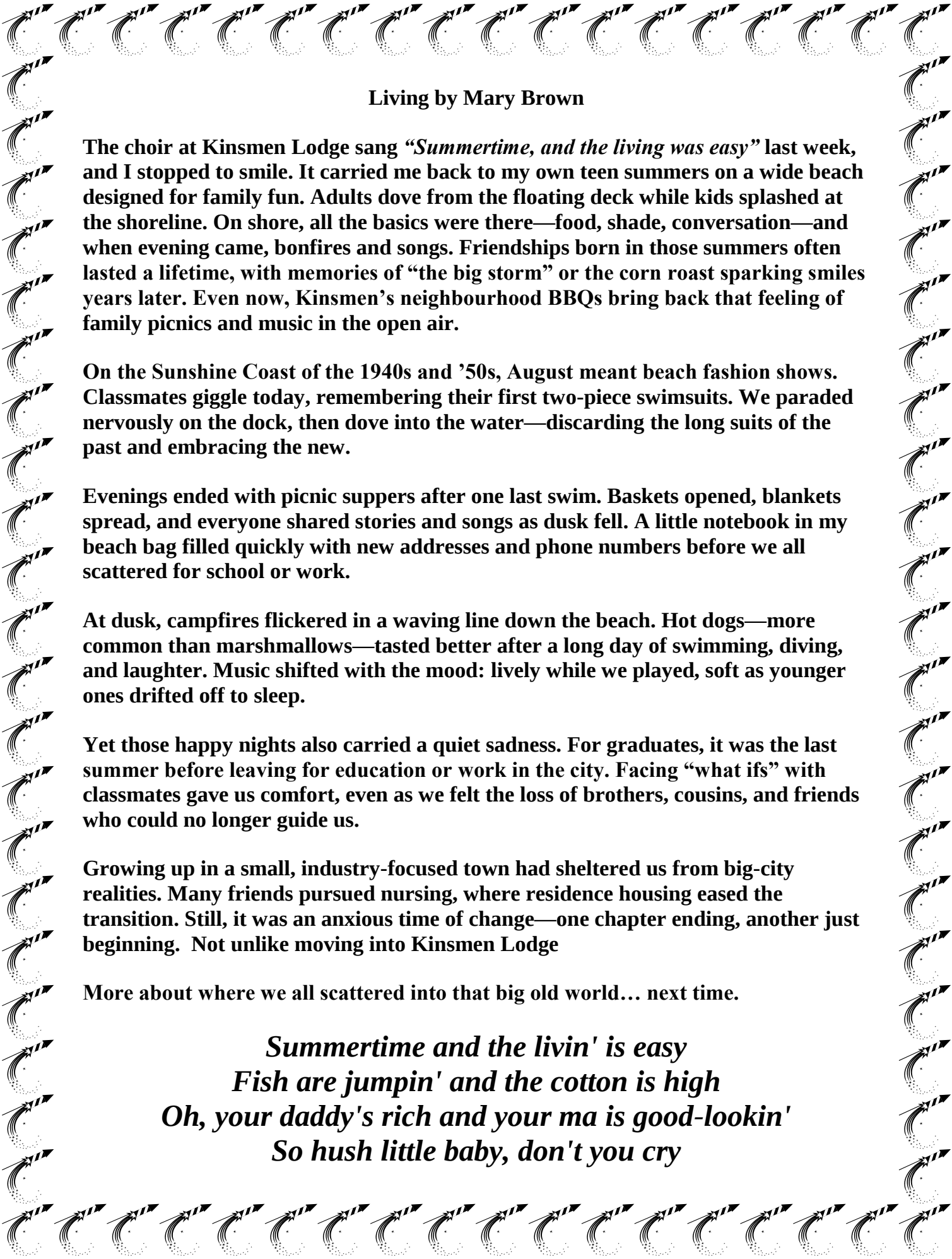
How the Society Supports Kinsmen Lodge

Kinsmen Lodge is operated by the South Fraser Senior Care Society, a non-profit organization that provides oversight and governance to ensure residents receive the best possible care. The Society's volunteer Board of Directors works closely with the Leadership Team to guide strategy, oversee finances, and uphold high standards of accountability.

Membership in the Society is an important way for the community to support seniors' care. Please note that relatives of residents are not eligible to become voting members. However, we are always looking for new advocates to join the Society and strengthen the voice of the organization. Their participation helps safeguard the future of care for seniors in our community. If you know someone in the community who may be interested in joining, please contact us at info@kinsmenlodge.ca for details. This work is both important and invaluable to ensuring seniors have the services they deserve.

Thank You

We extend our gratitude to our residents, families, staff, volunteers, Board of Directors, funders, and community partners. Your support ensures that, even in times of financial uncertainty, Kinsmen Lodge remains committed to high-quality care and a strong community.



Living by Mary Brown

The choir at Kinsmen Lodge sang “*Summertime, and the living was easy*” last week, and I stopped to smile. It carried me back to my own teen summers on a wide beach designed for family fun. Adults dove from the floating deck while kids splashed at the shoreline. On shore, all the basics were there—food, shade, conversation—and when evening came, bonfires and songs. Friendships born in those summers often lasted a lifetime, with memories of “the big storm” or the corn roast sparking smiles years later. Even now, Kinsmen’s neighbourhood BBQs bring back that feeling of family picnics and music in the open air.

On the Sunshine Coast of the 1940s and ’50s, August meant beach fashion shows. Classmates giggle today, remembering their first two-piece swimsuits. We paraded nervously on the dock, then dove into the water—discarding the long suits of the past and embracing the new.

Evenings ended with picnic suppers after one last swim. Baskets opened, blankets spread, and everyone shared stories and songs as dusk fell. A little notebook in my beach bag filled quickly with new addresses and phone numbers before we all scattered for school or work.

At dusk, campfires flickered in a waving line down the beach. Hot dogs—more common than marshmallows—tasted better after a long day of swimming, diving, and laughter. Music shifted with the mood: lively while we played, soft as younger ones drifted off to sleep.

Yet those happy nights also carried a quiet sadness. For graduates, it was the last summer before leaving for education or work in the city. Facing “what ifs” with classmates gave us comfort, even as we felt the loss of brothers, cousins, and friends who could no longer guide us.

Growing up in a small, industry-focused town had sheltered us from big-city realities. Many friends pursued nursing, where residence housing eased the transition. Still, it was an anxious time of change—one chapter ending, another just beginning. Not unlike moving into Kinsmen Lodge

More about where we all scattered into that big old world... next time.

*Summertime and the livin' is easy
Fish are jumpin' and the cotton is high
Oh, your daddy's rich and your ma is good-lookin'
So hush little baby, don't you cry*

Trifecta

Some words just belong together—like *stop*, *drop*, and *roll*. Below are three separate lists. Match a word in the first list with a word in the second and third lists to make your trifecta. The words in each list are used only once.

_____, _____, AND _____

List 1

ALVIN
ATHOS
WASH
CHARLOTTE
CHICO
GOLD
HAMMER
ID
LIFE
NIÑA
OF THE PEOPLE
ON YOUR MARK
READING
REDUCE
ROCK
SNAP
THE GOOD
WYNKIN

List 2

ANVIL
BLYNKIN
BY THE PEOPLE
CRACKLE
EGO
EMILY
FRANKINCENSE
GET SET
HARPO
RINSE
LIBERTY
PAPER
PINTA
PORTHOS
REUSE
'RITING
SIMON
THE BAD

List 3

ANNE
ARAMIS
FOR THE PEOPLE
GO
GROUCHO
MYRRH
NOD
POP
RECYCLE
'RITHMETIC
SANTA MARIA
SCISSORS
STIRRUP
SUPER EGO
REPEAT
THE PURSUIT OF HAPPINESS
THE UGLY
THEODORE



October Resident Ramblings2013

By Patrick Muir, Chairman, Resident Council

Patrick Muir was the Elder Council Chair for many years, including transitioning from the old to the new building. In his time at the Lodge, he wrote many articles that looked into life at the Lodge. Every once in a while, I like to revisit the wisdom that he shared with us. His many messages are still relevant today.

Cheers Christopher DOR@VS

During the summer months, I found myself in my wheelchair in the garden. I was enjoying the sunshine, the soft breeze, and the scents from the

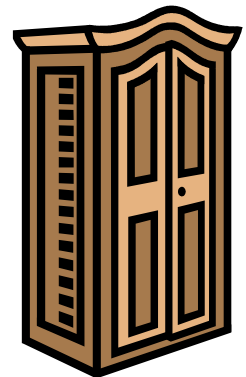


garden. As I smelled the garden, parked out in the courtyard, many times I thought how much living here

**Job
Well
done!**

reminds me of my stays at resort hotels I've visited in the past. I can hear the laughing as I type this, but I'm serious. The decor at the lodge has been compared, by visitors, with the look of a fine hotel or like their home. The service and housekeeping are comparable, making for a very pleasant holiday-like environment. There is great food to eat and fun activities to take part in for everyone. Isn't that what we should be enjoying in our retirement?

Attention Family Members, Now is the time to review Mom's or Dad's wardrobe., With the change of seasons, it is time to take home the light summer clothes for storage and bring in the warmer fall and winter clothes. The Armoires we use do not hold quite as many clothes as the closets in the old building (or at home), so keeping wardrobes to what is appropriate is more important. Our staff does a great job of helping sort and getting jackets, should you want to go outside for fresh air or out with your family



KINSMEN LODGE

HELPFUL INFO

CONTACT

- 604-588-0445
- info@kinsmenlodge.ca
- <https://kinsmenlodge.ca/>

THE SHOPPE

OPEN 7 DAYS A WEEK

HOURS: 9:30-11:30 & SAT/SUN 1:30-3:00

MARY SELLS COFFEE ON MONDAYS IN THE AFTERNOON

HAIRDRESSER

- Located on the first floor
- Open Friday
- Booked at reception

HAPPY HOUR

- Located on the first floor
- Live music
- Every Wednesday at 2PM

LEADERSHIP

- Offices on first floor
- Available weekdays
- Ask at reception

CONFERENCE ROOM

- The conference room can be booked for parties. Ask Chris.

MONTHLY CALENDER

- Available from recreation

BINGO

- Located on the first floor
- Big game is 50/50 split
- Every Friday at 2:30PM

CHOIR

- Located on the first floor. Most Fridays at 10:30am

DID YOU KNOW

- All the live music that you see is paid for by you and donations
- Please consider making a small donation to the Sunshine Fund. Every dollar counts

Superfoods at your fingertips! Harvest the Bounty

After sunny warm breezy days, we are entering the cool windy autumn with fruits (and vegetables) of the efforts of produce industry.

Many of us are looking for that 'superfood' to boost both brain and body. Good news! It isn't a rare delicacy, produced in a lab, or a secret hidden in the future. It's right here in the grocery aisle every season: fruits and vegetables of every colour and kind.



Eating a rainbow of produce does wonders for our health in various ways:

- A fantastic source of fiber to keep us feeling full, help manage weight, and ensure digestive plumbing stays clear ;)
- A treasure of phytonutrients, nature's own cell repair and protection agents that also help lower cholesterol and support healthy vision,
- A powerhouse blend of vitamins and minerals that each play a unique role in energy, bone strength, immunity and more for everyday function!
- Natural anti-inflammatory support: cruciferous champions like broccoli, cauliflower, kale, Brussels sprouts, cabbage and bokchoy reduce inflammation, and with their calcium content help muscles and connective tissues heal,
- Mood enhancers: colorful produce is linked to brighter moods and positive outlook.

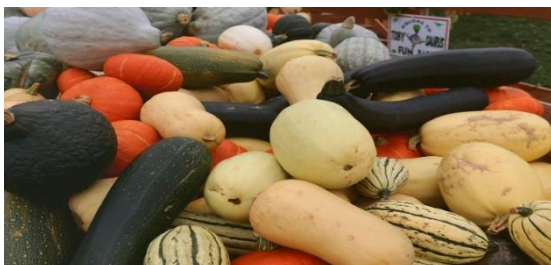
The benefits go on and on! Let's aim to fill half our plates with fruits and vegetables!

Together let's make a fun commitment: add one new fruit or vegetable to your daily routine, for this month. Experiment by sneaking into the dishes you already love. Whether you've been planning about this all summer or just been inspired, let's turn every meal into a delightful adventure on the rainbow of produce.

Let's celebrate every fruit and veggies we adore - fresh, frozen, canned, and cooked – because they taste amazing and keep our bodies and spirits vibrant bright!

And let's give a big round of applause to the hardworking heroes of Produce Industry, working day and night to bring these garden-fresh goodies straight from the fields to our tables.

Happy Thanksgiving Everyone!



Superfoods at your fingertips! Harvest the Bounty



Fruit and Vegetables

Write the correct number for this food. Then find the words in the word search. Then practice their singular and plural forms.

- | | | | | | |
|------------|----------------|--------------|------------|---------------|----------------|
| 1. apple | 5. cauliflower | 9. cucumber | 13. leek | 17. peas | 21. radishes |
| 2. banana | 6. cherries | 10. eggplant | 14. orange | 18. pepper | 22. tomato |
| 3. cabbage | 7. coconut | 11. grapes | 15. peach | 19. pineapple | 23. strawberry |
| 4. carrot | 8. corn | 12. kiwi | 16. pear | 20. pumpkin | 24. watermelon |

