

The background features a soft, painterly style with rolling green hills in various shades of sage and mint. Scattered throughout are delicate flowers in shades of blue, yellow, and white, along with small, glowing yellow and blue dots. In the upper right corner, a bright yellow sun with a white center is partially visible, surrounded by a faint, dotted circular path. The overall atmosphere is bright, fresh, and celebratory.

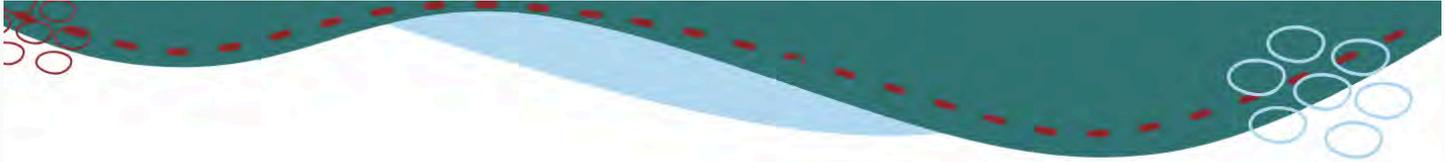
Kinsmen Lodge  
Honouring Elders

March 2026  
Newsletter

Hello,  
My name is Karen, and I'm so excited to be joining the team at Kinsmen Lodge. I bring over 12 years of experience in long-term care, most recently serving as the Recreation Manager at Northcrest Seniors Community. I graduated from Stenberg College with a diploma in Gerontology-Based Therapeutic Recreation and also hold a diploma in Caregiving and Counseling, where I studied psychology and counseling practices.

I'm truly passionate about supporting older adults, advocating for mental health, and continuing to grow best practices in dementia care. Thank you for welcoming me—I look forward to connecting with everyone and being part of this wonderful community.

Sincerely,  
Karen McGowan  
Manager of Recreation & Volunteer Services



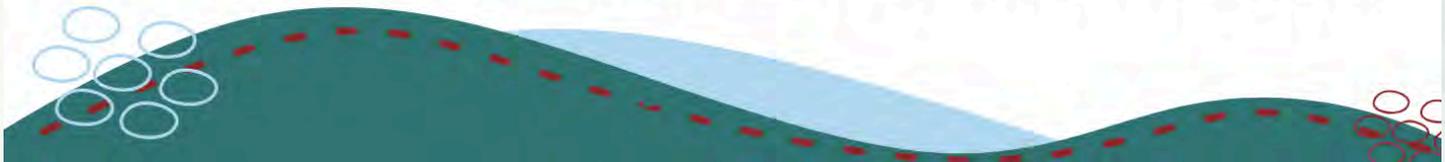
You Are Invited To Our Next

# FAMILY CONNECT

Join us to meet **Karen McGowan**,  
the new Manager of Recreation & Volunteer Services  
and to discuss the recent **Family Survey results**.

**MONDAY, MARCH 9TH AT 5PM**

In-person and online options available.  
Email [kmcgowan@kinsmenlodge.ca](mailto:kmcgowan@kinsmenlodge.ca) for more information.



## **In Loving Memory**

Martha Bartels, Masla Mani, and  
Betty McCallan

## **New Faces at Kinsmen**

Mercedes Dagala, Iris Orellana, Gloria Wedlund,  
Daljit Gill and Michael Degeer

## **Happy Birthday To You....**

### March Birthdays

Marjorie Douglas	5 <sup>th</sup>	Joyce Sytko	9 <sup>th</sup>
Ming Hua Qian	11 <sup>th</sup>	Loretta Ward	12 <sup>th</sup>
Wun Chin	14 <sup>th</sup>	Eileen Plumridge	14 <sup>th</sup>
Laurette Borne	20 <sup>th</sup>	Lolita Densing	20 <sup>th</sup>
Marjorie Oglivie	21 <sup>st</sup>	Peggy Bidwell	21 <sup>st</sup>
Frances Wahl	23 <sup>rd</sup>	Abdul Al-Zaim	24 <sup>th</sup>
Derek McDiarmid	24 <sup>th</sup>	Mary Peters	25 <sup>th</sup>
Rosemarie Letzing	25 <sup>th</sup>	Marjorie Wohlberg	28 <sup>th</sup>
Maya Singh	28 <sup>th</sup>	Alice Bohn	31 <sup>st</sup>

# March 2026 Events

## Bus Outings

12th- Country Drive

26th- Country Drive

## Special Events

Happy Hour Every Wednesday- Family are welcome

13<sup>th</sup>- Steel School Of Irish Dancers-11:00am

17<sup>th</sup>- St. Patrick's Day Celebration- 2:00pm

18<sup>th</sup>- Eid Prayer- 10:30am

A monthly calendar is available. Just ask someone in the recreation department.

# GETTING TO KNOW YOU

## Elder Profile

NAME: Carol Hinton

BIRTHPLACE: Vancouver, BC

FAVOURITE COLOUR: I like all colours, I like blue, but don't really have a favorite.

FAVOURITE FOOD: I like Hamburgers, Ice Cream...I like everything!

FAVOURITE MUSIC: I like the 50's, 60's and 70's Classic Rock & Roll.

FAVOURITE SCENT: I like soft subtle smells & scents.

FAVOURITE BOOKS: I enjoy reading magazines, newspapers & novels.

FAVOURITE MOVIE: I like watching Talk Shows – used to love the Ellen show and Oprah.

WHAT MAKES YOU HAPPIEST: I'm happiest when I am among my family – my Children & Grandchildren.

HOW LONG HAVE YOU LIVED AT KINSMEN PLACE LODGE?: I've been living here since May 2025.

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN?: I participate in a variety; Active Games, Brain Games, Musical Programs, Happy Hour, Small Group, and Special Events.

SPECIAL MEMORIES: Memories of when my children were little and they weren't fighting, of going swimming with them, and riding bikes together are special to me.



# Getting To Know Our Volunteers



Parvaaz is our volunteer of the month. He was born and raised in Punjab, India and he is currently in high school at Princess Margaret Secondary School. This dedicated young man has been volunteering with us for about a year, and comes on Sunday afternoons to assist with our church programs.

Some of Parvaaz's goals in life are to travel around the world and to hopefully attend a Karan Aujla concert one day. In his free time, Parvaaz enjoys listening to music or gaming. One of his special memories was having a puppy back in India.

## Interesting Facts about Parvaaz:

**Favourite Music** : "I mainly like P-POP (Punjab POP) music because it is kind of motivating and energizing"

**Favourite Scent** : "Tom Ford Tobacco Vanille Eau De Parfum"

**Favourite Colour** : "My favourite colours are black and white"

**Favourite Food** : "Indian food, mainly Punjabi"





Chairperson: Leona Schmitke

**MINUTES**  
**February 15, 2026 @ 2:30 PM**

**Recent Past Events**

- Jan 26th - Robbie Burn's Day Celebration
- Jan 16th - Ukrainian Christmas Celebration
- Feb 13th – Valentine's Day Ukelele Concert

**Upcoming Events**

- Feb 16th – Family Day Statutory Holiday
  - Feb 21st – Chinese New Year Celebration
  - Feb 25th – Pink Shirt Day
  - March 8 – Daylight Savings Time → Clocks go ahead 1 Hour
  - March 17th – St Patrick's Day
  - March 29th – Palm Sunday / Church Service & Children's Choir
  - April 3rd – Good Friday Statutory Holiday
  - April 5th – Easter Sunday
  - April 6th – Easter Monday Statutory Holiday
- 
- As many of you may know, Chris Harrison, our previous Director of Recreation & Volunteer Services, has left KL. We are pleased to announce that we have a new Recreation & Volunteer Services Manager who will be starting on Tuesday Feb 17, 2026. Karen McGowan comes to us with 12 years of leadership & management roles. She has spent the past 7 years at Northcrest Seniors Community, in Delta, BC, where she was the Recreation Manager. Members of the leadership team will be introducing Karen to everyone, probably floor by floor – please be sure to give Karen a big warm Kinsmen welcome when you see her! **Not all members were aware that Chris was no longer with us at Kinsmen. Messages of good wishes for him were shared and were to be passed on to Chris. Members in attendance were happy to know that the Leadership Team has now hired a new Recreation Manager and are looking forward to meeting and welcoming Karen.**
  - Some of you may have met Jasmine Chetty, our newest Music Therapy practicum student. Jasmine is working towards her bachelor's degree in music therapy, at Capilano University, North Vancouver. Lucky us, she'll be with us for 12 weeks, (until April 8/26), each Wednesday, doing 1:1 visits, and leading Small Music Therapy groups in the neighborhoods. She will be quite busy each Wednesday, but she'll never be too busy to stop and say hello, or maybe even play a song for you! Please give her a big friendly Kinsmen welcome when you see her! **A few members have met Jasmine and shared their**



Chairperson: Leona Schmitke

appreciation for her time and musical talents. Remaining council members look forward to meeting and doing 1:1 Music Therapy sessions, or Small Group sessions with her.

- Ukulele Circle is still meeting bi-weekly, alternating with Drum Circle. If you haven't tried it out yet, please feel free to come and give it a shot. As per Mackenzie, and her fantastic sense of humor, "we hit things, and make collective sounds - as an added bonus, it's excellent stress relief!" **Members noted and expressed appreciation for Mackenzie's fun/honest sense of humor (re: the therapeutic/stress relief benefits of Drum Circle).**
- Many of you will fondly remember our 1st Floor cat, Harris, who went to live with Rosa, our Occupational Therapist. It's with sadness that we share the news that he has now passed away. Thank you so very much to Rosa, who opened her home to love & care for him in his last months. He was a great comfort & joy to all and seemed to instinctively know whenever any of us needed an extra cuddle or head "Boop". He is lovingly missed by all, and we know he will continue to be a precious part of our sweet memories at KL. We are currently working on a Memorial Plaque (Rita & Tracey) - once the plaque is completed, it will be placed in a sunny place out in the back garden. **A few members were unaware that Harris had passed away in mid-January and were saddened to hear the news. A few members shared special memories of time spent with him, and of observing him out in the back garden: falling in the fishpond, bringing in mice & birds, chasing/catching pigeons, and scaring a few visiting dogs! Members reminisced with each other over Harris's appointed "Title" shortly after arriving at Kinsmen – Director of Morale, Recreation & Volunteer Services!**
- Watch for the Hummingbird Feeders to come back out into the garden soon – likely in early March. We have had some beautiful blue skies & sunny days, but the temperature has still been below freezing, so we'll give it a bit more time. They're still around, even without our feeders being out - many people out in the community have feeders out year-round! Has anyone been lucky enough to see any so far? **A member of council walks consistently throughout the garden, numerous times each day, and has shared that he sees them on a regular basis.**
- Co-Chairperson role is still open - please see Shirley B if you would like info regarding the role. **One elder council member has expressed an interest in the role of Co-Chairperson and will meet with Shirley to discuss the role expectations. After discussing responsibilities, Council member George Good has graciously accepted the role of Co-Chairperson. We look forward to George's presence on council and will officially welcome him as he joins Leona Schmitke in facilitating the next Elder & Family Council Meeting.**

**\*Next Meeting will be April 19, 2026\***

**Collage Art at Kinsmen Lodge-** This month we are featuring some of the beautiful collages and hearts done recently at Kinsmen. From the top left corner, going clockwise, art by Susan Klein, Kathleen Olsen, Patrick O'Connell, Mary Brown, Dee Janel, Karen Chwolles, Mollen Tran, and in the centre, Mercedes Dagala. Thank you artists for sharing your beautiful work!



## Nicki's Notes

**2025 Family Satisfaction Survey:** First, thank you. We received 68 responses to this year's Family Satisfaction Survey, compared to 43 last year. That increase in participation matters. The more voices we hear, the better picture we have of what is working well and where we need to improve.

Overall, 85% of responses were positive (Strongly Agree or Agree). Last year this number was 92%. Approximately 11% of responses were neutral, meaning neither satisfied nor dissatisfied. When neutral responses are removed and only clear positive or negative opinions are considered, satisfaction remains approximately 95% positive, consistent with last year.

The strongest areas this year were:

Kindness and Respect,  
Cleanliness,  
Homelike Atmosphere, and  
Timely Communication.

**I am proud of our team for this.  
These areas reflect culture, not just systems.**

At the same time, the survey showed that we need to improve clarity around:

How families guide daily routines,  
Recreation engagement,  
Food variety, and  
Knowing exactly who to contact.

**In response, we are taking concrete steps.**

We are launching **Your Voice Matters**, our new compliment, concern, and suggestion form that will be available online and in print, with a direct button on our website. We are also introducing a clear, one-page **Who to Contact Guide** which will be included in the move-in package and shared at the initial and annual care conference. Our goal is simple: No family should feel unsure about where to go with a question.

Maintenance requests are now being tracked electronically to improve follow-up and accountability.

Food remains complex in a home serving 157 Elders with diverse preferences and cultural backgrounds. That said, we will continue to enhance special menus and seasonal offerings, such as our Lunar New Year menu and Valentine's Day desserts, while reviewing feedback carefully.

Recreation feedback included a higher number of neutral responses. In many cases, families expressed uncertainty due to cognitive decline rather than dissatisfaction. We will continue to strengthen communication around how programming is adapted for varying levels of ability.

We are also excited to introduce a complimentary coffee bar in the lobby. Residents have told us that they miss being able to "host" their guests. This small addition supports dignity and connection. There will be no charge; donations will be accepted to help offset costs, but are never required.

Finally, I want to acknowledge something important: Residents retain the right to make their own choices, including declining aspects of care unless refusal creates harm. We encourage participation and hygiene, but we do not override autonomy.

Your feedback guides us. We are listening. We are committed to continuous quality improvement. Thank you for being our partners in care.

We hope you can join us at our next Family Connect – Information Session on Monday, March 9th at 5:00 PM where you can stay informed on new developments at Kinsmen Lodge and have the opportunity to share further input.



# VALENTINE'S CONCERT 2026

THANK YOU TO  
ALL OF THE  
ELDERS THAT  
PERFORMED IN  
OUR  
VALENTINE'S  
CONCERT ON  
FRIDAY  
FEBRUARY  
13TH!



MUSIC  
THERAPY

# Home Happenings



Our beloved Harris the cat was laid to rest on February 24<sup>th</sup> in our back Garden, where he loved to frequent.

Staff and volunteers worked on the plaque pictured above that marks his place.



February 25<sup>th</sup> was Pink Shirt Day, an annual anti-bullying event that promotes kindness, inclusion, and respect. It began in 2007 in Berwick when two high school students organized a protest after a younger student was bullied for wearing a pink shirt. They encouraged classmates to wear pink in solidarity, and the movement quickly grew.

Staff at Kinsmen wore pink to stand up against bullying and support a safe and inclusive workplace. The Leadership Team even went around the building to give out pink cupcakes to the all staff.

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## THANK YOU

It was a privilege to be part of such a caring community. To the residents who shared stories, laughter, music, and moments of connection — thank you for letting me be part of your days. To the staff, families, volunteers, and community partners who give so generously of their time and heart, you truly made a difference.

To our volunteers, one of the things I often shared was this: make one friend, and make your time with them matter. You have done that in so many meaningful ways, and the impact is felt every day.

I'm especially grateful to the recreation team who brought creativity, compassion, and joy into the Lodge. The work you do matters more than you know.

Kinsmen Lodge will always hold a special place with me. I'd love to keep in touch and continue cheering you on.

Cheers Chris



# March is Nutrition Month

March is celebrated yearly to highlight the importance of making informed food choices and developing healthy eating habits. Dietitians of Canada promote Nutrition Month for meaningful conversations about food & nutrition issues that matter to Canadians, to get attention on dietary habits, food knowledge, and the joys of wholesome eating, and to showcase the skills and expertise of dietitians.

This year's theme "Nourish to Flourish" recognizes the role of adequate nutrition in supporting health across the entire lifespan, beyond the basics of physiological health. Nutrition month acknowledges the vital role of nutrition in mental health, emotional resilience, and fostering social and cultural connections. We celebrate that food is more than nutrients - food connects us to our families and communities through traditions, cultural and religious practices and helps shape our identities. It recognizes that nutrition could be the missing piece of the puzzle for our mental health and emotional wellbeing.

Nutrition month supports Canadians in wanting to make change in eating patterns, by taking the pledge of a small but meaningful step and then sticking with it. With one little step at a time, we can discover foods to fuel, heal and bring us together.

The first step is thinking about our eating habits: Where to make an easy positive change?

One small idea can offer a big difference:

- Choose whole grains
- Fill more of the plate with vegetables
- Enjoy fruits and nuts for snacks
- Drink water to quench thirst



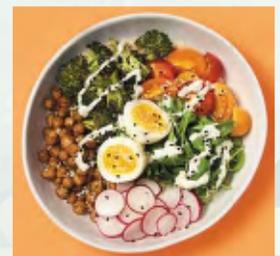
By swapping nutrient-rich choices we can easily bump-up the quality of meals and snacks. A couple of delicious healthy ideas for portable meals or drinks to take are:

- Wrap a banana in a whole grain tortilla or bread with peanut butter & trail-mix for crunch on the go.
- Blend any frozen berries with ground flax, baby spinach, milk/milk alternative or yogurt for fuel on the go.

Up to a challenge? Try the 1-2-3 approach to get recommended servings of fruits & vegetables: 1 serving with breakfast, 2 with lunch, 3 with dinner & snacks.

A few ideas are below. If you want more check [UnlockFood.ca](http://UnlockFood.ca)

- Top cereals or yogurt with fruits and nuts of choice.
- Add peppers, onions, spinach, tomato to omelet & hash browns
- Add extra vegetables to sandwich or wrap or rice. Ask for it when eating out.
- Make a stir fry with lots of vegetables and protein of choice.
- Keep a fruit handy (apple anyone?) at the desk, counter, or in your bag.



**Come, let's delve into a month full of culinary adventures with healthful insights. The path to wellness begins on our plates!**

by Ayesha, RD  
Your Kinsmen Lodge Dietitian

## Healthy Lifestyle Quiz

What could be the steps to help control blood pressure?

[Check all that apply]

- Exercising
- Eating a healthy diet
- Optimal hydration
- Losing weight if you need to
- Quitting smoking
- Reducing stress



Answer:

Exercising, eating a healthy diet, optimal hydration, losing weight as needed, quitting smoking, reducing stress and regular medication as prescribed by your doctor are all helpful steps to keep Blood Pressure in check, and a big step toward preventing heart attack, heart failure, and the most common kind of stroke.



St. Patrick's Day Word Search



L	U	C	K	Y	W	H	A	D
E	O	O	U	G	E	W	C	E
P	O	T	O	F	G	O	L	D
R	A	I	N	B	O	W	O	N
E	Y	R	O	C	O	S	V	A
C	P	I	I	G	R	E	E	N
H	L	S	O	W	A	S	R	A
A	S	H	A	M	R	O	C	K
U	D	A	T	O	E	A	S	A
N	R	O	M	A	R	C	H	C



GREEN	SHAMROCK	LUCKY
LEPRECHAUN	RAINBOW	POT OF GOLD
IRISH	MARCH	CLOVER



MORE FUN: USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR, TO FIND THE HIDDEN MESSAGE.

\_\_\_ T \_\_\_ Y \_\_\_ T \_\_\_ H \_\_\_ U

\_\_\_ R \_\_\_ S \_\_\_ L \_\_\_ C \_\_\_ E \_\_\_ N \_\_\_ S \_\_\_ N \_\_\_ ?

\_\_\_ H \_\_\_ M \_\_\_ K! ☺



# 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

### HAIRDRESSER

**Located on the first floor**  
**Open Friday**  
**Book at Reception**

### HAPPY HOUR

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

### LEADERSHIP OFFICES

ON FIRST  
FLOOR AVAILABLE  
WEEKDAYS ASK AT  
RECEPTION

### BINGO

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

### CONFERENCE ROOM

**The conference room can be**  
**booked for parties. Ask Bev.**

### CHOIR

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

### MONTHLY CALENDAR

**Available from Recreation**

### DID YOU KNOW

**WE VALUE YOUR PARTICIPATION. FAMILY MEMBERS**  
**ARE INVITED AND ENCOURAGED TO COME AND TAKE**  
**PART IN RECREATION ACTIVITIES LIKE HAPPY HOUR**  
**AND EXERCISES.**

**WE ALSO HOST A WELCOME TEA EVERY MONTH FOR**  
**OUR NEW ELDERS.**