

A warm, golden-yellow background featuring a field of sunflowers. The sunflowers are in various stages of bloom, with some in sharp focus in the foreground and others blurred in the background. The lighting is soft and bright, creating a warm, sunny atmosphere.

Kinsmen Lodge
Honouring Elders

August 2026
Newsletter

In Loving Memory

Gunter Kubossek

Greta Kubossek

Lynne Wood

New Faces at Kinsmen

Betty Severeid

Bev Arden

Daisy Howes

May Moen

Happy Birthday To You....

August Birthdays

Margaret Boylan	2 nd	Sylvia McDonald	7 th
John Brooks	8 th	Mollen Tran	9 th
John Gold	14 th	Margit Omari	15 th
Dennis Montgomery	17 th	Qiuwen Guo	8 th
Kathleen Patmore	24 th		

August 2026 Events

Bus Outings

6th - Country Drive

13th - Country Drive

27th - Country Drive

Special Events

Happy Hour Every Wednesday - Visitors are welcome

3rd - BC Day (No Recreation Programming)

7th - Green Timbers Neighbourhood BBQ- 12:00pm

13th & 14th - Reading with Thomas- 6:00pm

14th - Bear Creek Neighbourhood BBQ- 12:00pm

17th - 21st - Eat. Go. Grow! Camp- 9:00am-3:00pm

17th - Barnyard Snuggle Therapy- 1:00pm

29th - Music Festival- 9:30am- 3:30pm

A monthly calendar is available.

Just ask someone in the recreation department.



KINSMEN LODGE
Honouring Elders

Presents

Summer Music Festival

With Performances By:



9:30am Lorraine Smith

11:00am Gustavo Herrera

1:00pm Darcy Murdoch

2:30pm Rhythm Street



Bring cash to purchase drinks or snacks at our snack bar.

GETTING TO KNOW YOU

Elder Profile

NAME : Dorothy Danielson

BIRTHPLACE : I was born in Surrey, BC.

FAVOURITE COLOUR : I like the colour Blue.

FAVOURITE FOOD : My favourite food is chicken and ice cream.

FAVOURITE MUSIC : I enjoy listening to Rock, Symphonic, and Classical music.

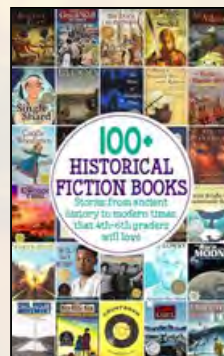
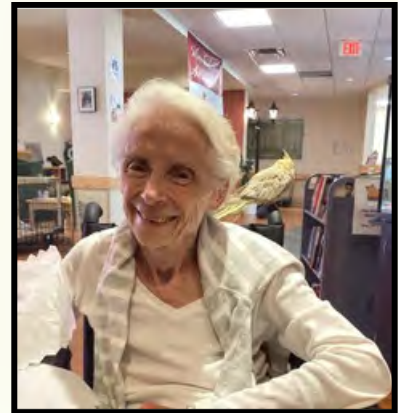
FAVOURITE SCENT : I like the smell of Chanel Number 5 perfume.

FAVOURITE BOOKS : I like reading Historical Fiction and Books on Nature.

WHAT MAKES YOU HAPPIEST : I'm the happiest being in nature.

HOW LONG HAVE YOU LIVED AT KINSMEN LODGE : I have been here for one and a half months.

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN : I enjoy my 1-1 visits with staff and other Elders, bingo, happy hour and special events.



Getting To Know Our Volunteers



Our volunteer of the month for August is Alliah Ulanday. This talented volunteer was born and raised in the Philippines and moved to Canada in 2024. She is currently completing her first year nursing prerequisites at Douglas College. Her future goal is to work in healthcare as a registered nurse and continue helping others through this field. Alliah has been volunteering at KL for two years now, where she is usually involved with Music Therapy. "In this role, I sing and play for the elder's every Friday, which has been a very meaningful experience for me." Some of her favourite memories are participating in special occasions and activities at Kinsmen because this made it feel like a second home to her. She enjoys spending time with

the elder's, seeing them smile, sing along, and even doing duets with some of the elder's. In her free time, Alliah enjoys playing the guitar, piano, reading poetry, cooking and spending time with friends and family.

Interesting Facts about Alliah

Favourite Music: "I like listening to old classics and songs by Olivia Dean."

Favourite Food: "I like eating sushi."

Favourite Color: "I like the color burgundy."

Favourite Trip: "My favourite trip would be to Whistler, BC."

Favourite Movie: "My favourite movie is The Notebook."



August Art News - summer brings an abundance of leaves to our garden and the surrounding wild areas to use for print making! It has become a seasonal tradition to take advantage of the diversity of local plants by making simple nature prints using gel plates, rollers and acrylic paint. From top left corner going clockwise: Don Horodyski examines his work, Linda Carmen's first prints, Christine Lawford explores dark greens, Don with family at community art, Glenda Allan shows her first prints, Marissa and Joyce Siemens leaf print. In the centre, Maya and Maya - we welcome our new volunteer Maya who is assisting Maya Singh in our Monday community art group.



Nicki's Notes

Kinsmen Lodge has always been committed to continually improving the care, services, and experiences we provide for our residents and families. Continuous Quality Improvement means that we do not wait for problems to arise—we are constantly looking for ways to learn, grow, and make meaningful improvements.

One of the most important ways we do this is by listening to you. Your ideas, suggestions, and feedback help us understand what is working well and where we can do even better.

Summer 2026 Family Satisfaction Survey

If you have not already, we encourage you to complete our Summer 2026 Family Satisfaction Survey. The deadline is August 23rd!

Every survey is reviewed by our leadership team and helps guide future improvements. Whether it is a suggestion for a new service, an idea to enhance the resident experience, or recognition of something we are doing well, your feedback helps shape the future of Kinsmen Lodge.

Thank you for taking the time to share your thoughts with us. Your voice truly makes a difference.

Accreditation is Coming

This October, Kinsmen Lodge will welcome surveyors from Accreditation Canada.

Accreditation is an independent review process that helps healthcare organizations measure the quality and safety of the care and services they provide against national standards. Surveyors will spend time throughout our home speaking with residents, families, staff, volunteers, physicians, leadership, and board members while observing daily life at Kinsmen.

Accreditation is not about preparing for one survey. It is about demonstrating our ongoing commitment to providing safe, high-quality, person-centred care and continually improving through feedback, best practices, and innovation.

Families are an important part of this journey. Your experiences and perspectives help us understand where we are thriving and where we can continue to grow.

Take a Look Around!

The next time you are visiting, we invite you to check out a few new features around KL:

- **Culture Board:** Located in the hallway by Vi's Shop, our Culture Board is updated regularly with cultural celebrations, important awareness days, and upcoming events. We encourage you to stop by and learn more about the diverse cultures that make up our Kinsmen community.
- **Accreditation Progress Display:** You will also notice a new Accreditation Progress Display by the main entrance. This visual will showcase our journey toward our October Accreditation Canada survey, highlight key milestones, and share how we are continuing to strengthen quality throughout the Lodge.
- **Coffee Corner:** This initiative was inspired by family feedback and reflects our commitment to creating a warm, welcoming, and home-like environment. We hope it provides residents with an opportunity to host family and friends over a cup of coffee, just as they might have done in their own home. Please stop by the Reception Desk to request a complimentary Keurig coffee pod. There is no charge; however, donations are gratefully accepted to help offset costs and support the Sunshine Fund.

Join Us for Family Connect in September

Our next Family Connect session will focus on Accreditation Canada and the Summer 2026 Family Satisfaction Survey results. We hope you will join us for this informative session. Watch for more details and the meeting date in the coming weeks.

Thank you for your continued partnership, your feedback, and the trust you place in us. Together, we are creating a place where residents feel at home and receive the highest quality of care every day.



MUSIC THERAPY NEWS

HELLO TO ALL!

I (Sheila) am glad to be back at Kinsmen after 9 months of education leave. Warm greetings to Elders and family I knew from before and I look forward to connecting with those I have not had a chance to meet with yet.

SUMMER BBQS

Our neighbourhood BBQs have begun and will continue through to September. Watch for a poster in your dining room!



MUSIC THERAPY GROUPS

Tuesdays 2pm

-Hand Chime Ensemble -

Thursdays 2pm

Ukulele or Drum Circle -Choir

Fridays 10:30am

(most weeks)

All Elders, family members and friends are welcome to join these groups. I look forward to making music with you in the months to come!





Chairperson: Leona Schmitke / Co-Chairperson: George Good

AGENDA

June 25, 2026 @ 10:30 PM

Recent Past Events

- June 12 – Philippine Independence Day
- June 21– Father's Day Celebration

Upcoming events

- June 29 – Summer YMCA Exchange Student - Flavia
- July 1 – Canada Day Celebration/Brunch (2 seatings) 10am & 12 pm
- July 6 – 10th – Balcony Beautification Judging to take place
- July 17th – 1st Summer/Neighborhood BBQ in Cedar Grove
- July 22 – Fruit Fiesta/Happy Hour
- July 31 – 2nd Summer Neighborhood BBQ in Crescent
- Aug 17 – 21st - Eat, Go, Grow Camp (9am – 3pm)
- Aug 29 – Music Festival (9:30am to approx. 3:30pm)
- Guest Speaker - Adrienne, Manager of Support Services is here to speak at Council meeting re: Dietary follow up and potential meal suggestions, likes & dislikes. **Council Members enjoyed Adrienne's talk and expressed appreciation and compliments for most of the menu item's – loved Father's Day meal - BBQ Ribs!**
- We will be hosting another YMCA Student from Montreal for 6 weeks this summer! Our student's name is Flavia, and she will start with us on Monday June 29th. We will come around and introduce Flavia to everyone, but if you see her first, please give her a big friendly Kinsmen welcome and hello! **Council members are looking forward to meeting Flavia and reminisced about the fun & activities with our past exchange students.**
- Canada Day Celebration – Music by Bobby Bachus, and a Pancake “Brunch” for registered Elders & family members. If you are interested, please ensure that you sign up – please feel free to ask for assistance from Rec Team and / or Karen. **Members are looking forward to music & celebration, and spending time with family for Brunch.**
- Balcony judging will take place during the week of July 6 and July 10; balconies are looking incredibly bright, beautiful, and cheerful looking! Thank you to our amazing Care Teams & Elders who have done a fantastic job with planting & caring for their beautiful Gardens. May the best neighborhood WIN! **Members agreed that the balconies have always looked lovely in the past, and shared that they hope that their neighborhood wins!**



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- Summer BBQs are back! Sheila will be serenading everyone with her beautiful voice and guitar music throughout the BBQ lunch. Let's dress up, sing, get silly and have some fun. BBQs will take place on Fridays throughout July, August, and Sept. There will be one per week, starting on the 1st floor (July 17th), and working our way up to the last one on 4 floor (Sept 11). **Council members are looking forward to Sheila's music/singing AND the BBQ Lunch and are very hopeful for Hamburgers, Hot Dogs, and Ice Cream! Members also advised that it's fun to have the music, dancing, and Recreation dressing up in tutus and funny costumes, and the Unicorn costume!**
- Fruit Fiesta/Happy Hour Wed July 22, 2026 – dress up in your “fruity & summery” best! We'll have Fiesta style music, refreshments and cold fruity snacks for all! **Members are looking forward to eating all the ‘juicy fruits’ of summer and are crossing their fingers that there will be Watermelon!**
- We will be hosting our annual Intergenerational “Eat. Go. Grow.” Day Camp during the week of Aug 17 – 21/26. This is an intergenerational activity designed for the children and our Kinsmen Elders to make new friends, to learn from each other and to have fun. It will be held Mon to Fri, and is for ages 6 to 10 years, from 9 am – 3pm daily. The camp is open to children/grandchildren of Staff & Elders, and possibly a few from the community. If you enjoy the curiosity and energy of children and think you might like to assist them with making lunch one day during the week, then you won't want to miss out on this opportunity! Open to all elders who would like to join in! If you know of a child who would like to sign up, please see Recreation Team or Karen, our Recreation Manager! **A few members said that they are already looking forward to the Camp and are happy to help prepare lunches. Some expressed their interest in coming for lunch, and watching the children work and play!**
- Family Coffee Station in Lobby Area - details to be announced as they come to Council Members. **All in attendance agreed that for now, ‘Vi's Shoppe’ is usually able to provide family members with Coffee, Tea & treats.**
- The Hummingbirds are back! They regularly visit both feeders, but they also love the hanging fuchsia basket (donated by Don H's daughter Lisa) just outside of the boardroom. They've also discovered the new hanging “Cigar” plant basket (donated by Mary Brown) in front of the Gazebo! A very big thank you to both Lisa & Mary for their generosity! Mornings and early evenings are often better times to see them feeding. If you would like some assistance to go out to the Garden, our Recreation Team and Volunteers are happy to accompany you whenever possible. **Several Elders shared that they had seen Hummingbirds, and Mary B shared a photo that she had taken of a grey hummingbird at the Cigar plant early one evening! Dorothy D advised that we should remind family members with dogs and children, that they need to be mindful & respectful of the birds as this place was their home long before Kinsmen was here. All members in agreement with Dorothy that it was/is a valid & caring point. Leona S, George G, & Shirley (Rec Team) reassured everyone that our home is Dog friendly and that they, as well as all the children are well behaved & very respectful.**



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- Princess and Niko, our 3rd floor Cats have now had their Veterinary checkups and are reportedly doing well. Council members were pleased to know that Princess & Niko are doing as well as can be. Chairperson reminded everyone that “we’re all getting older, even the Cats!”
- We have recently purchased a mobile activity projector (called Obie) and TV and are now waiting on a mobile TV stand. Once we have a TV stand and the Rec Team has been trained on how to use it, we can begin taking turns to try it out in neighborhoods...stay tuned for your turn to try it and have some fun! A few Elders expressed interest in seeing the ‘Obie Projector’ in use and look forward to trying it themselves once set up and ready for use.
- New to the Agenda from this point on -

Safety talk to be included in each council meeting – Discussed Fire Drills, general tidiness & housekeeping, reporting spills or anything else that could be dangerous.

Elders Bill of Rights to be discussed at least twice yearly – Discussed the first two items of “The Residents’ Bill of Rights” (posted on wall to the left of Elevators) and gave examples of each point.

1. Commitment to Care (a & b),
2. Rights to Health, Safety and Dignity, (a - f)

Elders expressed interest in the discussion, and several added that they feel respected, safe and cared for, and would let their family, friends, and Care/Rec Teams know if those changes.

*****Next Meeting will be Aug 27, 2026*****

Healthy Living Tips

Staying healthy doesn't have to involve big changes. Small, everyday choices can help you feel your best, maintain your strength, and improve your overall well-being.

Eat Well

- Enjoy a variety of fruits and vegetables each day.
- Drink water regularly throughout the day to stay hydrated.
- Take your time at meals and enjoy eating with friends and neighbours.



Keep Moving

- Aim for gentle physical activity each day, even if it's just for a few minutes.
- Join a walking group, chair exercise class, or stretching program if available.
- Light activities such as gardening, dancing, or helping with household tasks all count as exercise.
- Remember to move safely and use any mobility aids as recommended.



Thinking About Quitting Smoking?

Helpful tips:

- Keep your hands and mind busy with activities like puzzles, knitting, reading, or crafts.
- When a craving comes, try taking a few deep breaths, drinking a glass of water, or going for a short walk if you're able.
- Ask family, friends, or staff for encouragement and support.

Remember, healthy living is about making choices that work for you. Even small changes can make a meaningful difference to your health and quality of life.



Did you know: Mary MacMillan (above) is a passionate knitter who enjoys creating a wide variety of handcrafted items. If you're interested in purchasing one of her beautiful creations, be sure to connect with her!

Home Happenings

Please enjoy some photos taken throughout July! First up, Canada Day. The Leadership Team with support from Recreation enjoyed serving a lovely brunch complete with cake, mimosas and music!





Pictured Above (left to right): Baking, patio judging (congratulations Bridgeview), Garage Sale, Obie (interactive device) and a park outing.

Pictured Below (left to right): Obie (interactive device), Fruit Fiesta, a park outing, International Food Day, BBQ Pool Party and our amazing dancing Sprott Shaw College Students!

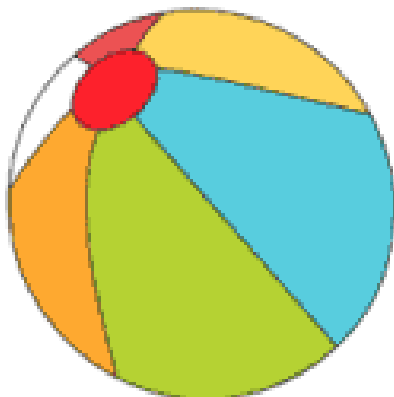


August

WORD SEARCH



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



August
Beach
Camping
Hot
Lazy
Ocean
Peach

Picnic
Pool
Relax
Summer
Sunshine
Vacation
Waffle

KINSMEN LODGE

HELPFUL INFO

CONTACT

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

VI'S SHOP

Monday: 1:00-3:00pm
Tuesday: 1:00-3:00pm
Wednesday: 9:30-11:30am
Thursday: 9:30-11:30
Friday: 10:00-11:30am & 1:00-3:00pm
Saturday: 10:00-11:30am
Sunday: 9:30-11:30am

HAIRDRESSER

Located on the first floor
Open Friday
Booked 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 2:30 PM

CONFERENCE ROOM
The conference room can be
booked for parties. Ask Karen.

CHOIR

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

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.