



Kinsmen Lodge
Honouring Elders

September 2026
Newsletter

In Loving Memory

Nour Jean Arabatlian

Rosemarie Letzing

Randal Shinkaruk

New Faces at Kinsmen

Jinzhen Xu

Phyllis Winship

Janet Butler

Happy Birthday To You....

September Birthdays

Gillian Thompson	1 st	Susan Klein	6 th
Sheila Carino	6 th	Saras Wati	8 th
Shelley Stephen	8 th	Richard Ang	9 th
Daisy Howes	11 th	Carol Hinton	11 th
Mercedes Dagala	14 th	Della Cresswell	18 th
Dale Winder	19 th	Donna Woods	21 st
Sandra Wilson	23 rd	Roger Baldonado	28 th
Maria Marziale	29 th		

September 2026 Events

Bus Outings

3rd - Country Drive

10th - Country Drive

17th - Country Drive

Special Events

Happy Hour Every Wednesday (except 16th & 30th)

3rd & 14th- Reading with Thomas- 6:00pm

4th - Bridgeview Neighbourhood BBQ- 12:00pm

7th - Labour Day (No Recreation Programming)

11th - Brookside Neighbourhood BBQ- 12:00pm

13th - Grandparents Day Celebration- 2:00pm

16th - Annual General Meeting- 5:00pm

25th - Oktoberfest Party- 2:00pm

30th - National Day for Truth and Reconciliation
(No Recreation Programming)

A monthly calendar is available.

Just ask someone in the recreation department.

You Are Invited To Our Next

FAMILY CONNECT



Join us for Accreditation Education and
Family Survey Results

Monday, September 21st at 5pm

In-person and online options available.

Email kmcgowan@kinsmenlodge.ca for more information.

GETTING TO KNOW YOU

Elder Profile

NAME: Patricia "Pat" Parker

BIRTHPLACE: I was born in Swift Current, Saskatchewan.

FAVOURITE COLOR: I like the colour Blue.

FAVOURITE FOOD: My favourite food is Lobster (with Butter), and Salad.

FAVOURITE MUSIC: I enjoy listening to old Country & Western music.

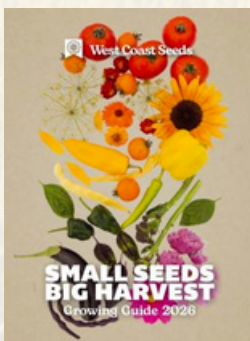
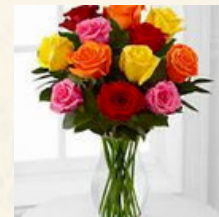
FAVOURITE SCENT: I like the smell of Roses in the Garden, or in a Vase.

FAVOURITE BOOKS: I like Gardening books, Seed Magazines, and Mysteries.

WHAT MAKES YOU HAPPIEST: I'm the happiest tending to my plants and being with my family.

HOW LONG HAVE YOU LIVED AT KINSMEN LODGE: I have been here since Jan 13, 2025.

WHAT PROGRAMS DO YOU PARTICIPATE IN AT KINSMEN: I enjoy my 1-1 visits with staff, Small Groups, Music, sometimes Happy Hour, Gardening and special events.



Getting To Know Our Volunteers



Brooklyn has been volunteering at Kinsmen Lodge since she was two years old! She would come every Sunday morning to assist at the Tuck Shoppe with her grandma Vi. In the past, Brooklyn had supported Eat Go Grow as a camper and a camp counsellor for several years.

Brooklyn has volunteered on her own for nine years. She was part of the Java Mentorship program, supporting our Elders. She knows the Elders by name and their “usual” order from the Shoppe (now named Vi’s Shoppe after her grandmother). Pop in on a Sunday morning for a quick visit and a treat!

Interesting Facts about Brooklyn:

Favourite Music : “90s Pop, for the most part”

Favourite Actor : "The Rock, Dwayne Johnson"

Favourite Movie : "Baywatch”



Art Images From the Summer

What a busy summer it has been so far! Several of the elders helped with trialing the glove buddy project getting ready for our summer camp. It turned out to be a popular project which ran smoothly. Thanks to all of the elders, counsellors and staff who assisted. We also did some landscape paintings (Sheila, beside) and carried on with Art in the Garden on days which were not too hot or smoky! Hopefully we will be able to fit in several more days in the garden before the weather turns to being colder! Enjoy the rest of summer 😊



Nicki's Notes

Introducing the Term “Essential Care Partner”

You may be hearing the use of the term Essential Care Partner more often at Kinsmen Lodge.

While the terminology may be new, the idea behind it is not. Families and other significant people have always played a valuable role in the lives and care of our residents and are important partners in supporting a resident's care, well-being, and quality of life.

What Is an Essential Care Partner?

An Essential Care Partner is someone identified by the resident, or by the resident's substitute decision-maker when appropriate, to have an ongoing role in the resident's care and daily life.

An Essential Care Partner may:

- Provide companionship and emotional support.
- Help with activities or routines that are important to the resident.
- Participate in care conferences and care planning.
- Share information about the resident's history, preferences, and routines.
- Help the resident communicate their needs and wishes.
- Raise questions or concerns on the resident's behalf.

The role will look different for every resident. Some Essential Care Partners may be very involved in daily routines and care, while others may provide support in different ways.

What Does This Mean for Families?

To keep things simple, the person currently listed as the resident's primary contact will now automatically be referred to as their Essential Care Partner. There is no additional paperwork that needs to be completed.

We know every resident and family situation is different. The resident, or their substitute decision-maker when appropriate, may choose a different Essential Care Partner, or change that person's role at any time. Being an Essential Care Partner does not automatically make someone the resident's substitute decision-maker, legal representative, or financial representative. These are separate roles.

The Resident Remains at the Centre

The resident's wishes always come first. Residents have the right to decide who is involved in their lives and care. They can freely welcome or set boundaries for individuals, change their Essential Care Partner, or change what they would like that person's role to be.

Information will only be shared with an Essential Care Partner in accordance with the resident's wishes, consent, and privacy requirements. Being identified as an Essential Care Partner does not automatically provide access to all of the resident's personal or health information.

Working With the Care Team

Good communication between residents, Essential Care Partners, and staff helps us provide safe and personalized care.

Essential Care Partners are encouraged to:

- Share information that may help us better understand the resident. Inform us about changes or concerns they have noticed.
- Ask questions when something is unclear.
- Participate in care discussions when invited by the resident.
- Respect the resident's choices, privacy, and confidentiality.
- Work collaboratively and respectfully with the care team.

If you are unsure about who to speak with, please ask any member of the care team. A member of the nursing team is available 24 hours a day. Families may also request a copy of our **Who to Contact** information sheet from the Reception desk.

Working Together

Essential Care Partners often help us understand what brings comfort, what causes worry, which routines are important, and what helps the resident feel at home. We value the role families and Essential Care Partners have at Kinsmen Lodge. By sharing information, asking questions, and working together, we can provide care that is safer, more personal, and more meaningful.

If you have any questions about the Essential Care Partner role or what it means for your family, please speak with a member of the resident's care team.

Music Therapy News



We had some special guests join us in our music groups this month! 7 campers and 5 teenaged volunteers came to Kinsmen Lodge for a week of Eat Go Grow, our summer day camp. They joined our Elders in the Hand Chime Ensemble and Ukulele Circle. We started each day with the Eat Go Grow hello song, including silly hats, glasses and moustaches and ended the day with a rendition of See Ya Later Alligator that became more energetic as the week went on. Elders said

they enjoyed engaging with the campers and the kids seemed to have a lot of fun as well. Wednesday's Happy Hour became an ice cream social with in-house talent singing karaoke, both Elders and kids. Thank you to the campers for their fun, sweetness and energy and to the volunteers for their hard work! We look forward to next year... after some rest.





Chairperson: Leona Schmitke / Co-Chairperson: George Good

AGENDA

Aug 30, 2026 @ 2:00 PM

Recent Past Events

- Fruit Fiesta/Happy Hour
- 4 Summer Neighborhood BBQ's have taken place Eat, Go, Grow
- Camp (9am – 3pm)
- Music Festival (9:30am to approx. 3:30pm)

Upcoming Events

- Sept 3rd – Bus Outing
- Sept 4th – BBQ in Bridgeview Neighborhood
- Sept 7th – Labor Day Statutory Holiday (Admin Staff/Rec Team off)
- Sept 10th – Bus Outing
- Sept 11th – Brookside Neighborhood BBQ
- Sept 13th – Grandparent's Day Celebration @ 2PM
- Sept 16th – AGM / Annual General Meeting @ 5PM
- Sept 17th – Bus Outing
- Sept 25th – Oktoberfest Celebration @ 2PM
- Sept 29th – Orange Shirt Day/Every Child Matters
- Sept 30th – National Day for Truth & Reconciliation (Admin Staff/Rec Team off)
- Oct 12th – Thanksgiving Day Statutory Holiday (Admin Staff/Rec Team off)
- Oct 14th, 15th & 16th – Accreditation Canada on site
- Oct 31st – Halloween Parade/Party - @ 2PM



Chairperson: Leona Schmitke / Co-Chairperson: George Good

- Guest Speaker - Adrienne, Manager of Support Services is not here at the Council meeting today. We will ensure to Schedule next meeting to coincide with her availability. (RE: Dietary follow up and potential meal suggestions, likes & dislikes). **Co-chairperson G.G. reminded all in attendance not to be shy when Adrienne is at the next meeting re: suggestions, likes & dislikes.**
- Flavia, our YMCA Student from Montreal has gone home now, her last day was Aug 7/26. She was with us for 6 weeks this summer! In her own words, she expressed her heartfelt and sincere appreciation to everyone for welcoming her, being so kind, helpful and caring towards her. She was very touched by the love and feeling of family here at Kinsmen Lodge, and that “she will store her precious memories of everyone dancing together at Happy Hour, in her heart forever.” **Council members all voiced how much they enjoyed spending time & doing activities with Flavia, and that the time passed way too quickly. All were happy that she had many happy memories of her time here with them.**
- Balcony judging took place July 6 and July 10; they all looked welcoming & cheerful, bright, beautiful, and inviting looking! Thank you to our amazing Care Teams who did a creative job with planting & caring for their lovely Gardens. Congratulations to our 1st, 2nd, and 3rd Prize winners, Bridgeview, Bear Creek, and Crescent Neighbourhoods! ALL are beautiful, and ALL are winners! **Some Council members shared that they had visited a few neighborhoods on their own and agreed – ALL were winners in their eyes!**



Chairperson: Leona Schmitke / Co-Chairperson: George Good

- Fruit Fiesta/Happy Hour took place on Wed July 22, 2026. It was a fun time had by all, with fruit platters, lemonade, music and dancing. **Members enjoyed the festive atmosphere and fruity refreshments!**
- Annual Intergenerational “Eat. Go. Grow.” Day Camp was held the week of Aug 17 – 21/26. This intergenerational activity designed for the children and our Kinsmen Elders to make new friends, to learn from each other and to have fun. We had ages 6 to 10 years, from 9am – 3pm each day. We exercised, played games, cooked, walked and played. Sadly, the “Barnyard Snuggle” was cancelled due to unforeseen reasons at the Farm where they were coming from. Thank you to all of you for welcoming the children into your home, working together with them to make lunch each day, and making crafts. A group of Elders went on the Bus outing to Bear Creek Park and had a fantastic afternoon of fresh air and picnic lunch in the park. **Many members shared that they enjoyed having children on site throughout the week, and enjoyed crafting, prepping & eating lunch together. A few members voiced that they are glad the children had fun but are happy that it’s a bit quieter now.**
- Family Coffee Station in Lobby Area – now open during the 9 to 5 hours when the Shoppe is closed. As a reminder, this coffee service is by donation, please see Reception to request your coffee pod and if you, or family members are making a donation, it can be given at the same time the Coffee pod is requested. **Some members were unsure who would be making the Coffee, it was explained that it is a “self-serve” service for Elders and their family/friends and they can help themselves.**



Chairperson: Leona Schmitke / Co-Chairperson: George Good

- Two representatives from Accreditation Canada will be accompanying members of our management team throughout the building and neighborhoods from Oct 14 -16, 2026. The Accreditation audit is an outside, non-biased measure of the standard of work we do here, and of the level of attention, detail & care that we all devote to ensuring that the matters of quality, safety, and elder centered care are held to our highest standards. When you see them, don't be shy, please feel free to give them a welcome smile and a big hello! **A few members asked if they could talk to them if the Accreditation Reps speak with them – assured them that yes, absolutely they can, and are encouraged to do so.**
- Summer is already coming to an end, September and Fall weather will soon be here! If you are interested in helping tidy up in the Garden and put things to bed for the Fall & winter, please let any of the Recreation Team know...we will be happy for the extra hands! **One or two members said that they enjoy yard work and will be happy to assist in cleanup. Rec Team to follow up/invite at time of clean-up.**
- There are still plenty of hummingbird sightings in the Garden. Mornings and early evenings are the most visually active times to see them feeding. **Co-Chair advised that he spends a lot of time in the Garden, seeing the Hummingbirds several times daily.**

***Safety talk**

Personal safety; call bells & bed/chair alarms, self- transferring.

Council members agreed that call bells are a good idea. One or two Members voiced feedback. Facilitator validated concerns, and the matter will be brought up to Leadership Team for appropriate follow up.

*****Next Meeting will be October 26, 2026*****



EAT GO GROW



EAT GO GROW

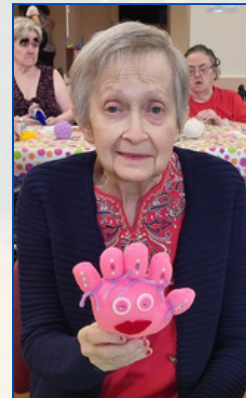
The main focus of our Eat Go Grow day camp is cooking. Each day the campers and Elders prepared lunch for about 30 people. The delicious meals included chicken tacos for Taco Tuesday, scrambled eggs & beans, a sandwich bar, macaroni and cheese casserole, all from scratch.



The campers then took orders and served the Elders lunch with a smile before eating lunch themselves.



In between cooking, they joined art and music therapy, walked to the playground, had an ice cream social, did exercise and games with Rey, sang karaoke, played minute-to-win-it games, played ring toss, had hula hoop contests, did origami and took the bus to the park, among other things.





We would like to extend a special thank you to our neighbours at Stong's Market for generously donating a \$100 gift card toward groceries for our Camp! With the rising cost of food, every contribution makes a difference and helps ensure that our Elders, campers, and counsellors have access to healthy, nutritious options throughout camp. We truly appreciate your support and generosity!



Family Education Library

Kinsmen is pleased to offer a virtual, family education library. Designed to provide easily accessible and digestible information, the library houses resources for many topics related to the holistic health of all who live at Kinsmen Lodge and is accessible via QR code. If you would like to discuss these subjects further (or would like to suggest others) , don't hesitate to reach out to info@kinsmenlodge.ca or submit a suggestion via our "My Voice" platform.

Please see the Reception desk to access these resources and QR Codes.

National Day for Truth and Reconciliation

September 30 marks the National Day for Truth and Reconciliation. A day to honour the Survivors of residential schools, their families and communities, and the children who never returned home.

It is also an opportunity for all Canadians to reflect on the lasting impacts of the residential school system and the ongoing journey toward reconciliation.

We encourage everyone to take time to listen, learn, and reflect on the truths of Canada's history and consider how we can contribute to meaningful reconciliation in our communities.



Ways to honour



- Listen to Survivors and their stories.
- Learn about the history and legacy of residential schools.
- Wear orange and talk about why Every Child Matters.
- Support Indigenous-led reconciliation initiatives.

hello September Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



KINSMEN LODGE

HELPFUL INFO

CONTACT

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

HAIRDRESSER

Located on the first floor
Open Friday
Booked at Reception

LEADERSHIP OFFICES

ON FIRST FLOOR
AVAILABLE
WEEKDAYS
ASK AT RECEPTION

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

MONTHLY CALENDAR
Available from Recreation

VI'S SHOP

(hours subject to change)

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

Reminder that coffee is available from the Reception desk by donation when the Shoppe is closed

HAPPY HOUR

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

BINGO

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

CHOIR

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

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.