

**Resident, Family, Friend and Responsible Party** **Newsletter – Dec. ‘18**

Dear Strathmere Lodge residents, family members, friends/responsible parties:

1. **Merry Christmas and Happy Holidays**



Christmas Gift Suggestions:

* + - To your family members, **your heart**
    - To your friends and co-workers, **positive reinforcement**
    - To your customer, **service**
    - To every child, **a good example**
    - To your opponent/enemy, **tolerance and forgiveness**
    - To yourself, **respect**
    - To all, **charity**

-Adapted from Oren Arnold

Merry Christmas and Happy Holidays from Strathmere Lodge.

[](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiyw6Cq_OXeAhVq74MKHUq-BPIQjRx6BAgBEAU&url=http://udmnn.ru/news/%D0%B4%D0%BE%D1%80%D0%BE%D0%B3%D0%B8%D0%B5-%D0%B4%D1%80%D1%83%D0%B7%D1%8C%D1%8F.htm/attachment/1-16&psig=AOvVaw2QQ98URbe3TE7CXasokySH&ust=1542906350676747)

1. **Recreation Calendar / Important Events**

[](https://www.google.ca/imgres?imgurl=http://www.sevimlimutfak.com/wp-content/uploads/2018/07/unique-cartoon-candy-canes-cane-84762-150x150.jpg&imgrefurl=http://www.sevimlimutfak.com/16251/cartoon-candy-canes.html/unique-cartoon-candy-canes-cane-84762&docid=AogmtToQHAIDLM&tbnid=MdkbUFDLWtAhkM:&vet=1&w=150&h=150&bih=934&biw=1920&ved=2ahUKEwjRg6K4_eXeAhWM54MKHXkzBMoQxiAoAXoECAEQFQ&iact=c&ictx=1)Please pick up and check out our monthly Recreation calendar (given to every individual resident, in addition to being available in each Resident Home Area, and on our [web page](https://www.middlesex.ca/departments/long-term-care/recreation) at: https://www.middlesex.ca/departments/long-term-care/recreation) for events that you may find of interest and would like to attend.

Our upcoming events for December (in the Rose Room, unless otherwise indicated):

1. Monday, Dec. 10th, 2:00pm – Music with Alicia Veens
2. Wednesday, Dec. 12th, 2:00pm – Pierce Band performs
3. Wednesday, Dec. 12th, 6:30pm – Christmas Music with John and Christine
4. Saturday, Dec. 15th, 1:30pm – Joel Horvath entertains
5. Wednesday, Dec. 19th, 2:00pm – Annual Christmas Parade
6. Wednesday, Dec. 19th, 6:30pm – Pentecostal Church Kids Group
7. Wednesday, Dec. 21st, 2:00pm – The Goldies entertain
8. Friday, Dec. 28th, 2:00pm – Happy Hour with Tony Nother
9. Monday, Dec. 31st, 2:00pm – New Year’s Eve Social with Randy Gray

And looking ahead … Peter Meenie, The Magic Guy, will be here at Strathmere Lodge at 2:00pm on Wednesday, January 2, 2019 (children, grandchildren, family members and friends are all welcome to join us).

1. **New “Gratitude” Project**

[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjAoIjg2ereAhVo4IMKHWfaBjMQjRx6BAgBEAU&url=https://www.pinterest.com/pin/291397038374186693/&psig=AOvVaw0xdeUzQFH0a6YBQh3QN41N&ust=1543068887304121)

Our Recreation Co-op Student Sarah Runnels, under the guidance of our Adjuvant Barb Thyssen, has completed a new “Gratitude” project on Arbour Glen and Parkview Place resident homes areas (second floor).

Gratitude Boards have been posted on Arbour Glen and Parkview Place, and combine artwork, statements of gratitude, and photos of residents into one cohesive piece that is meant to remind residents and staff of the community that they are a part of. Gratitude, which can be simply defined as: *being thankful and kind towards ourselves and those surrounding us*, is a factor that strongly correlates to well-being and positive mental health. Furthermore, the purpose of the Gratitude Boards is to get people involved in a group project that brings about feelings of joy, camaraderie, and appreciation in those who pass by the boards on a day to day basis.

Everyone is encouraged to have a look at these Gratitude Boards (posted beside the daily activity board and menu on Arbour Glen and Parkview Place), take a card of encouragement, and keep it for yourself or pass it on to anyone you choose.

*The secret to happiness….Express gratitude. Practice kindness. Savour life*.

1. **Next Family Council Meeting**

[](https://www.google.ca/imgres?imgurl=http://www.cadbayuc.org/wp-content/uploads/2013/10/Parent-Leadership-Clip-Art-Image-e1340741593900.jpg&imgrefurl=http://www.cadbayuc.org/family-events/&docid=h3W0i_kbVR6e-M&tbnid=9CrLZBWCM3AYvM:&w=640&h=490&ved=0ahUKEwjD683U-4vLAhXKyIMKHRKtAjIQxiAIAg&iact=c&ictx=1)

This group of involved and caring friends and family members meets on a regular basis to share information and discuss common issues. The next meeting is scheduled for Monday, January 7, 2019, at 1:30pm in the (second floor) Conference Room.

All family and friends of residents of Strathmere Lodge are welcome to attend. No pre-registration is necessary.

For more information, please contact Marcy Welch (519-245-2520, ext. 6226, or [mwelch@middlesex.ca](mailto:mwelch@middlesex.ca)).

Minutes of the most recent meeting are posted on the family information board in the Rose Room (near the Chapel), and previous minutes are available for review at our Reception desk.

1. **Labelling of Residents’ Personal Items / Christmas Gifts**

[](https://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjKj_KFirjcAhVF6YMKHeqFB1kQjRx6BAgBEAU&url=https://www.cefacemimi.ro/4-trucuri-ca-sa-ti-prepari-singura-balsamul-de-rufe/&psig=AOvVaw1qGxdQlTo5PeZ10Q9s-lu7&ust=1532533382976933)

In anticipation of residents receiving new clothing as Christmas gifts, this is a reminder that new clothing needs to be labelled with the resident’s name before residents begin to wear it.

One of the ways clothing will go missing is if a resident wears new clothing before it gets labelled. In this case, if new clothing gets into our laundry system without a resident name on it, it becomes difficult, if not impossible, to trace it back to its rightful owner.

It is also a good idea to label other personal effects brought in to The Lodge (e.g., photographs, books/magazines, watering cans), as there are occasions where personal effects find their way outside of a resident’s room, whereupon it becomes difficult to trace such items back to their rightful owner without an associated name.

1. **In Conclusion ….**

[](https://www.google.ca/imgres?imgurl=http://cdn.grid.fotosearch.com/CSP/CSP994/k16311669.jpg&imgrefurl=http://www.fotosearch.com/clip-art/book-end.html&docid=VKKKK_-pYepByM&tbnid=jE0epHvfJrbOgM:&w=180&h=180&ved=0ahUKEwigwsO5_IvLAhWjnYMKHScKCjgQxiAIAg&iact=c&ictx=1)

Please let me know if you would like to see certain issues addressed in future newsletter editions (contact me at 519-245-2520, ext. 6222, or via email at: [bkerwin@middlesex.ca](mailto:bkerwin@middlesex.ca)).

Please share a copy of this newsletter with other family members and friends, or direct them to our [web page](http://www.middlesex.ca/departments/long-term-care): http://www.middlesex.ca/departments/long-term-care

Electronic back copies of our newsletter can be found on our web page. Hard copies are compiled in binders at both our Reception desk and the staff lounge, and are available for your review.

You can find additional copies of this newsletter edition on our Public Information Board in the main lobby (near the Chapel).

**Brent Kerwin,**

Administrator

Distribution: Responsible Parties, Auxiliary, Information Board, Resident Home Areas (5), Website, County Council, Staff, Other Stakeholderst