

Stensrud Lodge Auxiliary Meeting.....P.5	
Congratulations!.....P.6	Resident Valuables.....P.9
Social Work Students.....P.5	Kiss the Cook.....P.11
Community Association Meetings.....P.10	
Have a 'garbage-free day'.....P.8	Porteous Lodge Bistro....P.12



www.jubileeresidences.ca

“Your Care Matters to Us!”

<http://facebook.com/JubileeResidences>

In the event you have any questions regarding your care please direct them to the Registered Nurse. If they are unable to assist you, please contact Val Hnatuk, Director of the Care Team at Stensrud Lodge and Laurie Brown, Director of the Care Team at Porteous Lodge.



March 2020



EDEN ~ From The Garden

Over the past editions of the Jubilee Journal we have looked at the seven primary elements of well-being in the Eden Philosophy. The seven primary elements of well-being Once again are: **identity, growth, autonomy, security, connectedness, meaning, and joy.** Now, how do we use the Eden Alternative domains of well-being? We recommend weaving the domains of well-being deeply into the systems and practices used to support individuals wherever they live. Here are some examples:

- Growth plans (care plans)
- Problem solving
- Developing new systems
- Guide personal, organizational, and physical transformation
- Woven into education, policies and procedures, handbooks
- Welcoming new care partners
- Evaluating and developing new systems
- Team development
- Leadership development
- Assessment of the organization
- Assessment of individual neighborhoods or households
- Assessment of the care partner team members

As culture changes, we know that it is important to have everyone’s support. As we dig deeper into understanding the qualities of successful change, we each have to be willing to take a good, hard look at our own inner leader. Let’s face it... organizational and physical change isn’t going to fly without team members making a commitment to their own personal transformation first. For some of us, though, cultivating our inner leaders can be a deeply humbling process. We may find ourselves bumping up against a fear of taking responsibility, a lack of belief in our own creativity, or even – horrors – facing how our own egos get in the way.

Never worry until the time comes you have to worry. Make plans, do what you have to do, but otherwise you worry all your life because there are always things. Be happy and be kind to people; sometimes a pat on the shoulder of someone else is all they need. People will love you.



An Elder is someone who, by virtue of life experience, is here to teach us how to live ~



The Eden Alternative definition of an Elder

**Jubilee Residences
Executive Team**

Yvonne Morgan, CEO
306 955-0234 ext 106

Tyrone Okrainetz
VP Quality Care
306 955-0234 ext. 108

Jessica Medernach
VP Corporate Services
306 955-0234 ext 105

Robin Wolfe, Executive Asst.
306 955-0234 ext 109

Management Team

Jason Campbell
Director of Safety /
Maintenance
Cell: 306-227-7695
306 373-5580 ext 222
306 382-2626 ext 222

Gloria Wall, Interim
Director of Human Resources
306 955-0234 ext 103

Ben Doucette, Interim
Housing Coordinator
306 955-0234 ext 107

Bev Jacobson
Manager Support Services
306 382-2626 ext 237
306 373-5580 ext 225

Caroline Yang, Manager
Accounting Services
306 955-0234 ext 101

**Are YOU wearing
your name tag?**



Porteous Lodge

Well it seems like we are going to make it through another winter. Before we know it spring will be here! On Friday January 24 we went to the Huskies hockey game at the new Merlis Belscher Arena. The Huskies won the game and everyone enjoyed this night out. Residents on this outing were Nick R.; Don C.; Nelson T.; and James M. Thanks to Scott, Grant and Dave for helping with this outing. On January 29 we took a drive through the fog to the booming metropolis of St Denis. Residents on this tip were Fred O.; Gwladys T.; Pat M.; Sharon W.; Tony S.; Sherry H. and Freda G. On January 31 we took a trip to the Dakota Dunes Casino. Residents trying their luck on this trip were Pat H.; Gerald K.; Marlene F.; Laurie B.; Joanne M. and Osborne T. Thanks to Brian, Sharon, Rose Anne and Trista for joining us on this trip. On Valentine's Day we held our Valentine's Day Tea. Thanks to Mo & Doug for the excellent entertainment and thanks to dietary staff for the strawberry crepes that we enjoyed. Thanks to Myrna and all my co-workers for helping with this great event. On February 18 we had two volunteers from the SPCA bring in two kittens to visit us. Thanks to Cheryl for organizing this program and thanks to the SPCA for making it possible.

On February 19 we had a blues music performance here as part of the Outreach Program for Saskatoon Blues Festival. Thanks to the Blues Society for making this possible.

Elders ~ have YOU noticed?

There are white boards placed at the entrance to the dining room from the Lodge and from the Villa. The selection for the meal is posted as well as an alternate selection so that you are aware of **YOUR** choices. Please also be aware that **YOU** may suggest dishes for the Bistro staff to prepare. Do **YOU** have a favorite meal?

Ralph the Cat! by resident: EJB.

At one time our kids wanted a cat—every day 'cat' - 'cat' - 'cat'. Well we all got into the cat and went to the cat and dog shop.

We discovered a nice quiet , mild-mannered cat. We took this cat home with us. The kids (our children) named this cat 'Ralph'. Ralph was one of us ~ Ralph was family. One day Ralph had kittens!

Porteous Lodge is in need of VOLUNTEERS!
Are YOU interested?
We are currently looking for volunteers to help out in various areas with our residents. For more information,
Please contact our Recreation / Volunteer Coordinator:
Cheryl Clarke- Chorney @
306 382—2626 ext 234

Porteous Lodge

Contact	Ext:
306 382—2626	
Director of Care Team Laurie Brown	226
Facility Assistant/Receptionist Rae Gamble	221
Recreation Coordinator Brad Lavoie	234
Recreation / Volunteer Coordinator Cheryl Clarke-Chorney	234
Bistro Team Lead Carmene Doucette	232
Maintenance	235
Lodge Nursing	228
Villa Nursing	230
Physical/Occupational Therapy	238
Head Envir./Laundry Services Susan Penner	223
LPN Supervisor Loreen Dudley	222

Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world. We say farewell to: Victoria Clark and Russell Way.

Welcome to our new Residents who have decided to make Porteous Lodge their home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: Alice Edney; Francoise Irene Letourneau; Robert J. McDade; and Melodie Salloum.

Important Dates to Remember

Tues March 3	Fiddle Express	2:00 pm
Wed March 4	St Thomas Wesley United Service	6:15 pm
Tues March 10	Community Association Meeting	10:30 am
Tues March 10	Salvation Army Service	2:00 pm
Wed March 11	Birthday Tea	2:00 pm
Fri March 13	St Pat's Day Party with Music by Saltwater Joy	2:00 pm
Sat March 14	Magic Show by Chance Gonzales	2:30 pm
Tues March 17	Music with Mo and Doug	2:00 pm
Thurs March 19	Music with Doug Balzer	2:00 pm

Up and Coming!

We have decided on dates for very exciting activities to be held in our Home!

Friday June 5th Porteous Bistro Presents "ChezBistro" a Mother's Day/Father's day dining experience at it's Best!

Friday June 26th a Backyard Bar-B-Que "Celebrating Canada".

More details to follow!

It's easy to judge. It's more difficult to understand. Understanding requires compassion, patience, and a willingness to believe that good hearts sometimes choose poor methods. Through judging, we separate. Through understanding, we grow.

Porteous Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

For daily maintenance concerns during the week for courts, please contact Rae at **306 382-2626** xt **221**.

Should you have any concerns on the weekends regarding minor maintenance issues, please contact the nursing station at **306-382-2626** ext **228**.

Contact
306 373—5580 Ext:
Director of Care Team
Val Hnatuk 226

Facility Assistant/Receptionist
Cathy Stuchenko 221

Recreation
Lisa Loveridge & Lana Mulic 234

Volunteer Coordinator
Terry Renn 244

Dietary Team Lead
Michael Pszedwoyski 228

First Floor Nursing 230

Second Floor Nursing 233

Physical & Occupational
Therapy 236

LPN Supervisor 222
Dezeray Dawe

Head Environ/Laundry Services
Lori Isaac 242

For daily maintenance concerns during the week for courts, please contact **Cathy 306 373-5580 xt 221.**
Should you have any concerns on the weekends regarding minor maintenance issues, please contact your custodians.
Eamer Court
Richard Care
306 292—9597
Cosmo Court
Gary Pinkerton
306 291—4404

Be a snitch! Turn someone in for doing something good!

Stensrud Lodge

Dates to remember ~ March Highlights

- Wed March 4 10:30 am Men's Group
- Thurs March 5 2:45 pm Community Association Meeting
- Mon March 9 10:30 am Music with Anita
- Mon March 9 2:30 pm WDM Singers
- Tues March 10 10:30 am Slides with Jack
- Wed March 11 10:30 am Open Art Studio
- Wed March 11 2:00 pm Quilting Bee
- Fri March 13 7:30 am Pancake Breakfast 1st Floor
- Mon March 16 10:30 am Poetry Time
- Mon March 16 2:00 pm Birthday Party Music with Wes
- Tues March 17 HAPPY ST.PATRICK'S DAY
- Tues March 17 2:00 pm St. Pat's Day Music with Grand Ole Opry
- Wed March 18 10:00 am ED Feehan School & St. Pat's Day Bingo
- Thurs March 19 HAPPY SPRING DAY
- Thurs March 19 2:15 pm Shamrock Shakes
- Fri March 20 7:30 am Pancake Breakfast 2nd Floor
- Fri March 20 1:30 pm Baking St. Patrick's Cupcakes
- Tues March 24 10:30 am Read with Jeff
- Wed March 25 10:00 am Daycare Visit
- Wed March 25 2:00 pm Remai Art Program
- Thurs March 26 2:00 pm Music with Phil
- Fri March 27 2:15 pm Newcomers Tea
- Sat March 28 2:30 pm Rushnychok Ukrainian Dancers
- Mon March 30 10:30 am Poetry Time
- Tues March 31 10:00 am Bishop Murray School Kids

Stensrud Lodge Reception Office cannot process any payments to accounts after 2:00 pm on the last business day of the month to allow for month end procedures. Please make arrangements to conduct your business prior to our month end cut off.

**Those who move forward
with a happy spirit will
find that things always
work out!**

Stensrud Lodge

Stensrud Lodge Volunteers are needed

in the following areas:

Recreation Therapy

Walking Program

Special Projects

And much, much more.

If you are interested in becoming a part of the Stensrud Lodge Volunteer team.

Please contact:

Terry Renn – Volunteer Coordinator

Office Hours : Monday, Tuesday & Thursdays

10:00am to 3:00pm

Phone: (306) 373-5580 ext. 235

Terry.Renn@saskhealthauthority.ca



Extra Special St. Patrick's Day

Wishes to our Stensrud Lodge

Volunteers!!!

Thank you for being part of our team!!

"The smallest act of kindness is worth more than the grandest intention." Oscar Wilde



Good-bye's & Hello's

With heartfelt sorrow we say goodbye to Residents who have left this world.

We say farewell to: Nan Casey; Beverley A. McKay and Irene Yantz.

Welcome to our new Residents who have decided to make Stensrud Lodge their home. Our commitment is to ensure that every individual is treated with dignity, respect and kindness. Please feel free to express any concerns or questions you may have to our staff. We welcome: Janet M. Oleksyn; Elizabeth Peters and Mary Reddekopp.

Please join us for the First Ever "Stensrud Lodge Auxiliary Meeting" Thursday, March 12th at 1:00pm in the

Stensrud Lodge Front Lounge

This newly formed auxiliary is looking for volunteers. In particular, we are looking for family members of Stensrud Lodge Residents.

Stensrud Lodge Auxiliary members will be focused on enriching the lives of residents by providing additional benefits and services such as:

- * Garden plants and gardening assistance
- * Cart of Personal Items for Residents to Purchase
- * Items to improve the overall quality of residents life

If you are interested in becoming an Auxiliary member or have any questions about becoming a member

Please contact Volunteer Coordinator:

Terry Renn (306) 373-5580 ext. 235

Email: Terry.Renn@saskhealthauthority.ca

Welcome to Our Social Work Students!!!

Hello my name is Lexy with a "y". I will be here until the end of April. During my time here I will be working in recreation and facilitating Java Music Peer Support and various programs. I love to be outside, cook, and spend time with my family. "

Hi, my name is Bridget and I am completing my major practicum at Stensrud Lodge. During my practicum placement I will be facilitating the Java Music Peer Support Group as well as other programs such as Continuing Education and Open Art Studio. Outside of work, I love to spend time with my family, friends, and of course, my dog.

Hello my name is Lexi, with an "i." I like spending time with people and my family so getting to know the residents at Stensrud Lodge has been like a second home. Learning about the lives and histories of each person has been the highlight of my semester as I get closer to finishing my Social Work degree.

March highlights **Emergency Preparedness Code Green** which is the term used to describe a situation when an area requires evacuation. It can refer to a specific area of a site or an entire site. It is important to recognize a Code Green will most likely happen in a number of stages. The first stage would be to evacuate the area most affected by the situation causing the Code Green. Assessing the current situation will identify the degree of subsequent stages of evacuation. Code Green requires that an area of safe refuge, that can service the needs of the evacuees of a support area or an entire site, be identified. When it is recognized that area evacuation is required, the Person in Charge of the area of the incident will activate Code Green for area evacuation.

Congratulations to Karen and Murray!

Karen Knelsen just completed the first section of the course requirements for the Masters of Trust Management Standards in San Francisco, California. The objective of MTMS is to prepare longer-term Trustees/Fiduciaries to contribute in a leadership capacity to effective board management and fulfill the board’s oversight role. MTMS focuses on **evaluation and creation** in the fields of Leadership, Governance, Oversight, Strategy and Risk Management. This integrated learning experience is delivered through the International Foundation of Employee Benefit Plans by a team of industry experts and experienced trustees and directors who emphasize processes and activities that reinforce how these areas are linked together. Jubilee will definitely benefit from Karen’s commitment to lifelong learning. Well done! And thank you!

Murray Scharf has been appointed as an advisor to the Human Rights Commissioner on ageism. The term “ageism” refers to two notions. One is a way of thinking about older persons based on stereotypes and negative assumptions about aging. The second is the tendency to design and construct society based on the assumption that everyone is young, thus failing to address the needs of many people, including older persons, as a consequence.

Jubilee Residences is committed to safety for ALL
Safety Corner:



Principles:

Health and safety for ALL is the first priority
 JR is committed to achieving zero preventable harm.
 Safety is every person’s role and responsibility and is integral to every job within JR;
 Senior Leadership is committed to excellence and to the established vision, values and goals by ensuring that all supervisors have safety improvement objectives, by auditing performance, and by being visible and personally involved with safe workplace initiatives.

Incidents at work:

If you are injured at work...

Complete first aid as required and notify Manager/ Supervisor,
 Call the SHA Incident Reporting Line
 For blood and body fluid exposures report to nearest emergency. If treatment is needed, take a SHA Incident Reporting package
 Report your injury to WCB sooner than later for your own sake.

Policy Directive:

JR maintains a Safety Management System to provide a clear set of workplace safety standards
 JR maintains a joint employer/worker OH&S program as part of its Safety Management system to ensure the goals of this policy directive and the right of participation of all workers.
 Workers have a right to work in a safe workplace that is free of violence, harassment, and discrimination.
 Everyone has a responsibility for safety in the workplace in accordance with their level of authority within the organization.
 All workers are made aware of their rights and responsibilities: Right to Know, Right to Participate, and the Right to Refuse.

Be Accountable Choose safety Work safe Go home injury free. Thank you for working safely!

Always leave people better than you found them. HUG the hurt. KISS the broken. BEFRIEND the lost. LOVE the lonely.

Eamer Court & Cosmo Courts

Income tax for tenants: stay tuned for the dates and times when a volunteer will be here! When we are aware of the details, posters will be hung on the bulletin board in Eamer Court.

TWELVE COMMANDMENTS FOR SENIORS

- #1 - Talk to yourself. There are times you need expert advice
- #2 - *"In Style"* are the clothes that still fit.
- #3 - You don't need anger management. You need people to stop pissing you off.
- #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
- #5 - The biggest lie you tell yourself is, *"I don't need to write that down. I'll remember it."*
- #6 - *"On time"* is when you get there.
- #7 - Even duct tape can't fix stupid - but it sure does muffle the sound.
- #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes,
then come out wrinkle-free and three sizes smaller?
- #9 - Lately, You've noticed people your age are so much older than you.
- #10 - Growing old should have taken longer.
- #11 - Aging has slowed you down, but it hasn't shut you up.
- #12 - You still haven't learned to act your age, and hope you never will.

And one more:

"One for the road" means peeing before you leave the house.

Be more concerned with your CHARACTER than your reputation, because your character is what you really are, while your REPUTATION is merely what others think you are.

Eamer Court

Attention ALL Eamer Tenants:

IN CASE OF EMERGENCY, PHONE 9-1-1 OR FAMILY MEMBERS.

Exercises in Eamer lounge Thursdays—9:30 am

Eamer Court Social Club Executive:
Ron Wrishko - President
Ralph Underwood - Vice President
Marlene Eaton - Secretary

Welcome to New Tenant: David Ristow #111

Wednesday, March 4th at 7:00 pm. Eamer Court Social Club Meeting:

Tuesday, March 10: Musical entertainment with Dean & Debbie at 7:00 pm. Come hear the fantastic fiddle playing! \$4. per person; Coffee & cookies and a 50/50 draw.

Thursday, March 19th: KFC Dinner at 5:30 pm \$12 per person Bring your own dishes & utensils.

Tuesday, March 24th: Musical entertainment with Can Am Country. \$4. per person; Coffee & cookies and a 50/50 draw.

I always wondered why somebody didn't do something about that,

Then I realized I AM SOMEBODY!

The **Jubilee Journal** is produced monthly for residents, families, tenants and staff. If you wish to receive this internal newspaper by e-mail, or have comments or suggestions for content, please let me know by e-mail, phone or regular mail. We'd love to hear from you!
Telephone: 306-955-0234 xt 109
Jubilee Residences # 8- 2602 Taylor Street East, Saskatoon SK S7H 1X2.

Robin
robin.wolfe@saskhealthauthority.ca

Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so ...

Love the people who treat you right.

Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it!

Have a garbage-free day!

Did you make a difference today?

Cosmopolitan Court

Blood Pressure Clinic Lona from Saskatoon Home Support will be here on **Tuesday, March 3rd** from 9:00-10:00 am.

Monday, March 2 Social Club meeting at 7:00 pm

Tuesdays: March 3, 10, 17; 24 & 31 are Coffee mornings in the lounge—\$3 each. Bring your cup!

Thursday, March 12: Bingo

Tuesday, March 17: Potluck dinner at 5:30 pm with music at 7:00 pm. Donations accepted.

Sunday, March 29: Birthday party

Welcome to New Tenant: Fredrick Farnsworth #51

Cosmo Court Social Club Executive:

President—Linda B. phone 306 716—4152
Vice-President—Duane H. phone 306 249— 0381
Treasurer—Sandy P. phone 306 291-4405
Secretary—Brenda Z. phone 306 280— 1517

For after hours maintenance concerns please call Gary @ 306 291-4404.

The older we get the fewer things seem worth waiting in line for.

GETTING OLDER

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, that the medication you prescribed has to be taken for the rest of my life?"

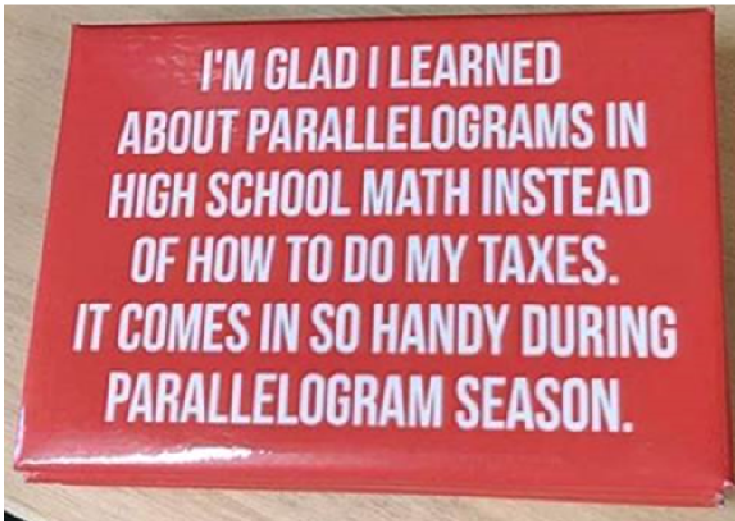
"Yes, I'm afraid so," the doctor told her.

her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.."

Mount Royal Court

For daily maintenance concerns during the week, please call: Rae Gamble at 306 382-2626 ext 221.

For emergency maintenance evening, weekends & holidays please call: the Porteous Lodge Nursing Desk at 306 382-2626 ext. 228.



Stensrud and Porteous Lodges

Dental examinations/assessments and dental treatment is now available right here at our long term care home. Dr. Raj Bhargava and his dental team, utilizing mobile equipment, can provide dental check-ups, cleanings, fillings, extractions and denture work.

Normal dental fees will apply and if you or a family member are interested, please contact the Director of Care Team for more information or contact Dr. Raj Bhargava directly at Varsity Dental Group.

Varsity Dental Group

201—1414—8th Street East Saskatoon
S7H 0T1 306—665—2400
varsitydental@shaw.ca

Stensrud and Porteous Lodges

To ALL Elders and Families

Valuables:

Residents are encouraged not to keep large sums of money or valuable articles in their rooms. We suggest that each resident, if so desired, keep a maximum of \$10.

Stensrud and Porteous Lodge shall not be responsible for lost, stolen or broken articles. Residents are encouraged to carry insurance on personal items. These would include such items as dentures, eye glasses, and hearing aids.

This is highlighted in Jubilee's 'A Guide to Living at Porteous and Stensrud Lodges' welcome booklet. In the event you have any questions, please direct them to the Registered Nurse. If they are unable to assist you, please contact Val Hnatuk, Director of the Care Team at Stensrud Lodge and Laurie Brown, Director of the Care Team at Porteous Lodge. If you are in need of a Welcome Booklet, please just stop by the reception office and ask for one.

Stensrud Lodge Community Association Meeting: Thursday, March 5 at 2:45 pm

Porteous Lodge Community Association Meeting: Tuesday, March 10 at 10:30 am

A healthy Community Association at both Porteous and Stensrud will benefit our residents in many ways:

- Build relationships with neighbours
- Create quality neighbourhood programs
- Provide input on neighbourhood improvements
- Identify things that we are doing well and things that we could do better
- Encourage open, honest and frank communications
- Build Healthy and Vibrant Communities at Porteous and Stensrud!

When residents and their families join together to plan programs and events, they not only get to know each other, they get to know the needs of their neighbours and the issues facing their community. This builds community spirit and creates a bond of common interests that leads to more supportive problem solving. When it comes to neighbourhood improvements, Community Associations provide local residents a chance to voice their opinions and concerns.

The secret to a healthy Community Association is an active membership. Our residents and their families are diverse and our new community associations should reflect the diversity of our Jubilee community in terms of our backgrounds, life experiences, race, heritage, gender, age, etc. We need to encourage all of our residents and their families to get involved. Even though not everyone we ask will say "yes", it is still important to ask and include these community members. Some residents or their families

may not have the time or inclination right now, but knowing they were asked will mean a lot and it will leave the door open for their future involvement.

Terms of Reference

Lodge Community Association Meetings

Purpose:

To improve the quality of life of residents and give residents and families a voice in decisions that affects them and their loved ones while alleviating loneliness, helplessness and boredom in our homes.

Membership: Residents & Family Members

Staff Liaison: All JR Team Members

Principles:

Resident Focused: For residents, With residents, By residents.

Open communication between residents, families, and staff.

Ongoing Agenda Items:

Update on the Eden journey

Quality and care information (example renovations; outbreak)

Social events and calendar including messages from senior leadership, staff & roundtable discussion.

Meeting Co-chairs (3):

1 representative from Family members;

1 representative from Residents;

1 representative from Leadership.

Community Association Meetings will be held in our homes every other month.

NEXT MEETING:

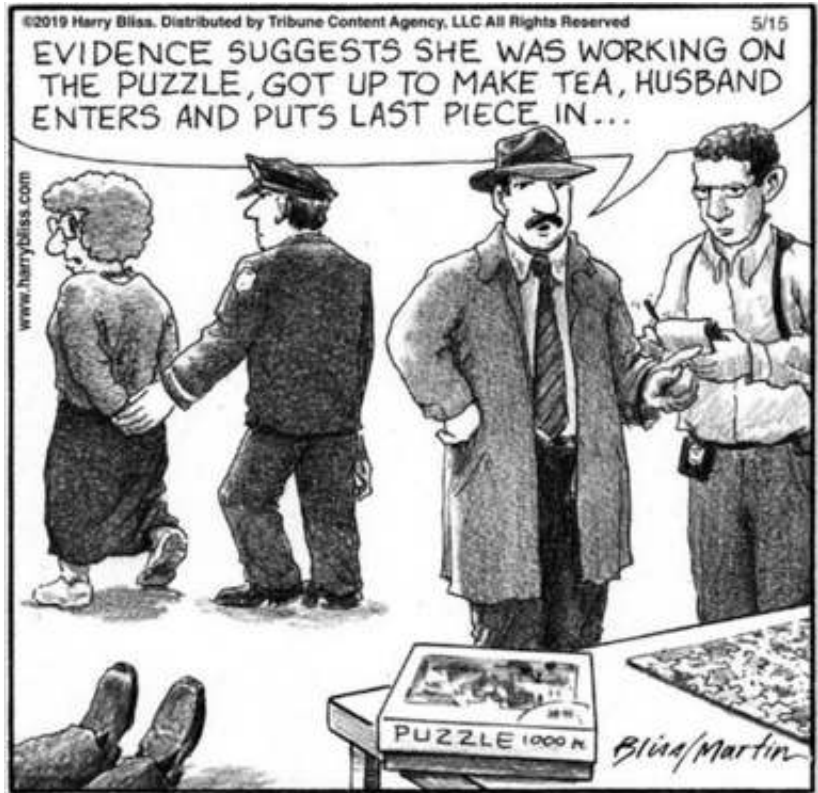
**Stensrud Lodge Community Association Meeting: Thursday, May 7 at 5:30 pm.
BBQ and meeting to follow.**

Porteous Lodge Community Association Meeting: Thursday, May 14 at 6:30 pm

The Power is ‘life worth living’ at Jubilee

“Kiss the Cook” ~ For most families, the kitchen is the heart of the home and it’s no different at Porteous Lodge. On any given day, it’s not unusual to find some of the residents asking if they can help to get the next meal on the table. “They peel potatoes, peel carrots. They chop, they dice,” says Carmene Doucette. “I try to get them involved as much as I can.” Carmene Doucette is the head cook at Porteous. She’s been the head cook for eleven years. But her attempts to provide meaningful work in the kitchen for some of the residents have uncovered a few flaws. The kitchen is small and there isn’t a proper work space for the residents. She’s hoping that will soon change. “I’ve asked for that on my wish list; a kitchen area for them with low counters where wheelchairs can fit underneath and low sinks where they can wash their dishes,” says Carmene. Until her wish is granted and the funds for those modifications can be found, Carmene will continue to make due by bringing everything to the dining room and lowering one of the tables as much as she can. Her efforts haven’t gone unnoticed. “You get family members coming in and saying thank you for letting mom help because that’s what she used to do at home all the time,” says Carmene. While providing daily meals and snacks to the 100 plus residents at Porteous is important to Carmene, she believes it’s equally as

important to make them feel at home and if being in the heart of the home gives them a sense of belonging, then she will continue to wish for a proper work space on their behalf.



How can I prevent spreading or getting germs? It is influenza and cold season! Use precautions to prevent spreading or getting germs.. Wash your hands OFTEN! You should do this after every cough, every sneeze, and of course, throughout the day. These simple recommendations may decrease the number of colds we get every year, the number of work days we miss, and the number of days we are laid up in bed. Use warm water if possible, and rub your hands for 20 seconds or more to work up a lather. Rinse all soap off your hands, and then dry them with a clean towel. You can use paper towels to turn faucets or door handles in public restrooms. No water? You also can use hand sanitizers (usually wipes, liquids or gels) when you can’t wash your hands. We encourage everyone to take the time to protect themselves and others from influenza when visiting by sanitizing their hands and donning a mask if they have not been vaccinated.

The Porteous Lodge 'BISTRO'

Let me share with you about our little place we call "The Bistro. A place where we share our daily meals, host our afternoon activities, share in a cup of coffee or tea along with a homemade treat of some sort. It is a place where we gather for memorial services, community association meetings, watch the Rider game or have karaoke pub nite. The Bistro is always busy. A place where our family members share their ideas about menu items, fun parties they want to have or just watch the staff go about their daily duties. It is the passage from one part of our home to another and a place where everyone is greeted with a smile or friendly hello.

The Bistro hosts a variety of buffets throughout the year; Christmas buffet, Hawaiian Buffet, Family BBQ/Buffer, Canada Day party, etc. Our Porteous Lodge family loves to entertain and along with entertainment always comes food, just as one would offer if they were living on their own. When family members or friends come to visit, they are always offered a coffee or beverage of choice along with a home baked treat. The Bistro tries to meet all of the dietary needs of each and every family member who lives in our home. There are many specialty diets needed and the Bistro staff do the best that they can to meet those needs.

Every afternoon a nourishment care goes out with a variety of items for the Porteous Lodge Family members to choose from. The Bistro staff also replenish ice and water jugs on a daily basis. Our family members enjoy hearing the cart roll down the hall, knowing that a snack is coming along with a quick visit.

Family members that live in our home range in age from 42 years old to over 100 years old. This sometimes poses a challenge when creating menus that meet the needs of all involved. The younger population want new creative meals while some of the older population want traditional meat and potato meals. Menus sometimes change weekly to meet such needs. The Bistro staff do their best to help create the menus.

As in every home, whether it be yours, mine, theirs or ours, the kitchen or in our case "The Bistro" is the heart of the home. The picture below is our daily nourishment cart.

