# **Lanark Lodge**

# **Community Newsletter**



# **April 2023**

**Spring Time**

Well after a nasty little ice storm at the end of winter it appears from our weather forecast that we are hopping right past spring and going directly to summer. We hope everyone enjoyed their Easter Weekend with their family.

**New Social Worker**

I would like to start off by saying how wonderful my first month has been in my new role as a Registered Social Service Worker. I have had over 20 years' experience working in this capacity and in long Term Care specifically. This little gem of a home has been an absolute pleasure working in and the residents, staff and families are truly a joy to work with!

My role will be to support the residents by providing information and emotional support. These emotions can be fear, guilt, unresolved issues,

loneliness, anxiety. This may also include a myriad of other feelings such as grieving and loss, struggling with aging and changes and challenges.

 My focus will be to deliver counselling, assessments, intervention, and strategies to assist with a person-centered approach that is helpful to the resident and enhances their well-being and health.

We will continue to look at the importance of quality of life and this is an additional service that will benefit the home.  I look forward to supporting families with information and your caregiving journey here at Lanark Lodge.

**Music Therapy**

We are thrilled to have Shannon Deavy in the home to provide music therapy to any interested residents or family members. One correction to Shannon’s rates.

Shannon’s rates are: $46.00/30min, $68.50/60min **plus HST**.

**Recipe of the Month**

**What** Tastes Like Home **more than a homemade recipe? Absolutely nothing!**

**We encourage our Residents to participate in our Tastes Like**

**Home Recipe of the Month Program. Share your favourite recipes with us!** **Submit your recipe to your Neighbourhood Recreation Team Member Please contact Cindy McCall if you have any questions at ext. 7301.**

**When your submitted recipe is chosen the featured recipe will be prepared and served by the home’s kitchen.** **AND the Resident will be given a tour of the kitchen with a behind the scenes opportunity to interact with team members as they prepare the chosen recipe.**

**The options are endless & we can’t wait to give them a try!**

**Family Council**

Lanark Lodge Council of Family and Friends meets Virtually every second Thursday. You can reach council at llfamilycouncil@gmail.com