# **Lanark Lodge**

# **Community Newsletter**



# **March 2023**

**Music Therapist**

We are thrilled to announce that Shannon Deavy, Certified Music Therapist has returned to the Home!  Shannon has over 6 years in private practice and is experienced in long term care.  Shannon is available for 1:1 music therapy sessions at the following rates:  $46.00 for 30 minutes or $68.50 for one hour. 30-minute sessions are the most effective.  If you are interested in arranging music therapy sessions, please contact Shannon at: [Shannon.deavy@hotmail.com](mailto:Shannon.deavy@hotmail.com)

There are two music therapy fact sheets attached to this email to share and a brochure about Shannon and the services offered.

**Social Support Services**

Aimed at increasing direct care hours for Residents, a new Resident Health and Well-Being (RHWB) program from the Ministry of Long-Term Care has been established.  This program will support Long-Term Care Homes in the provision of social support services provided by Registered Social Workers (RSWs), Social Service Workers (SSWs) and other Allied Health Professionals (AHPs).

We are pleased to welcome Lynn Vallee, a Social Service Worker, who will be at the Home for app. 30 hours/month to support you, our Residents.  Lynn will be available most Tuesday and Thursday evenings and one Sunday/month. If you are interested in seeing Lynn, please let the nurse in charge know.

**Lanark Lodge Strategic Plan** The Home has recently completed the strategic planning process and our draft strategic plan is complete.  Please see the attached Lanark Lodge Strategic Plan 2023-2028 one page infographic for our updated mission, vision, and values, and strategic priorities.

**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](mailto:llfamilycouncil@gmail.com)