



5 Resurrection Rd.,
Toronto, ON M9A 5G1

Labdara residents' news is
published quarterly.

Lets Chat

AUTUMN 2024

Happy Thanksgiving



GIVE THANKS FOR EACH NEW MORNING WITH ITS LIGHT
FOR REST AND SHELTER OF THE NIGHT
FOR HEALTH AND FOOD
FOR LOVE AND FRIENDS
FOR EVERYTHING THY GOODNESS SENDS. (RALPH WALDO EMERSON)

The Labdara Foundation Board of Directors extends a special thank you to the dedicated staff and management of Labdara Lithuanian Nursing Home who work hard every day to provide a positive, caring home for our residents.

Happy Thanksgiving to the residents and staff of Labdara and your families!

Message from Zita Bersenas-Cers, Chair of the Labdara Foundation Board of Directors



At this Thanksgiving, let's remember and be grateful for the generosity of the visionaries and donors who built Labdara Lithuanian Nursing Home – the ONLY Lithuanian long-term care home in Canada". They foresaw the housing and lifestyle needs of aging Lithuanian Canadians who could no longer live independently and ensured that our elders would be cared for in a familiar living environment in which Lithuanian customs, traditions, and language are preserved and encouraged.

For many years the majority of the residents of Labdara Lithuanian Nursing Home were of Lithuanian descent.

Unfortunately, Labdara, along with other cultural long-term care homes were impacted by the consequences brought about by the COVID pandemic, one of which was the introduction of Bill 7, the More Beds Better Care Act, 2022. This Act changed the admission criteria to long-term care homes in Ontario, giving priority to hospital patients without consideration of their cultural and/or religious needs. As a result, cultural long-term care homes have seen a steady decline in the number of residents from their own cultural groups.

The administration and Board of Directors of Labdara strongly believe that all residents must be placed into the home that is best for them – a home in which language, food, traditions, religion, celebrations, and music are familiar and comforting. The absence of familiar culture can have a negative impact on physical and mental health. We continue to express our concerns to government representatives to make them aware of the negative impact of Bill 7 while stressing that all residents must be placed in the home that is best for them.

In September the Honourable Minister of Long-term Care for Ontario, Natalia Kusendova-Bashta, and Christine Hogarth, the Member of Provincial Parliament for Etobicoke-Lakeshore visited our home. They met with some residents who emphasized the advantages of living in a long-term care home within their own cultural community. Minister Kusendova-Bashta told the residents that she understands their concerns and that she and her staff are working on a plan which will be announced early in the new year. She stated that she has heard similar concerns from many cultural groups, including her own Polish community. We were very encouraged by the positive response from the Minister and hope that she will make the needed changes which will benefit all Ontarians who require long-term care.

THE VISIT TO LABDARA BY ONTARIO'S MINISTER OF LONG-TERM CARE



Joseph Gulizia, President and CEO, Universal Care
Laura Puteris, Administrator
Hon. Minister of Long-term Care for Ontario, Natalia Kusendova-Bashta
Our residents Vilma Gaputis and Gerda Tarvydas



Our residents: Gerda Tarvydas, Irena Zemaitis, and Vilma Gaputis in conversation with the Hon. Minister of Long-Term Care for Ontario, Natalia Kusendova-Bashta and MPP for Etobicoke-Lakeshore, Christine Hogarth during their visit to Labdara.



Front row: our residents: Vilma Gaputis, Gerda Tarvydas and Irena Zemaitis.

Back row: Joseph Gulizia, President and CEO of Universal Care (manages Labdara)

Ljiljana Gavrilovic, Life Enrichment Manager, Beata Brun, Director of Care, Laura Puteris, Administrator, Natalia Kusendova-Bashta, Hon. Minister of Long-term Care for Ontario, Christine Hogarth, MPP for Etobicoke-Lakeshore, Ramune Pleinys Cygas, Member of Labdara's Board of Directors and Zita Bersenas-Cers, Chair, Labdara Board of Directors.



Happy Fall to Everyone

Thank you to all the residents and families/Persons with power of attorney (POA) who completed the 2024 Resident and Family Satisfaction Survey. We are happy to announce that the results show that people are happy with the care and services we provide at Labdara. We will still review and see how things can be improved. Reminder to all, if there are suggestions or ways to improve you don't have to wait for the survey, please come and let us know.

How quickly the warm weather starts to cool in the evenings and how the sun sets earlier and earlier each night, this means fall has arrived. With Fall comes flu season. This year there are three vaccinations recommended for residents at Labdara:

1) RSV Vaccine Program for High-risk Older Adults

Labdara continues vaccination of RSV for the 2024-2025 season. Abrysvo® is a new vaccine product available in Canada to protect people 60 years of age and older against respiratory syncytial virus (RSV). It is the only RSV product available for older adults in Toronto. If consent has not been provided for the RSV vaccine, please inform the IPAC RN or nurse on the unit.

2) COVID-19 Vaccine Program

Health Canada has withdrawn the COVID-19 XBB vaccine from the market and it is no longer available. "As a result of this regulatory withdrawal process, XBB COVID-19 vaccines will not be available between the market withdrawal on September 1, 2024, to receipt of the new formulation of KP.2". It is also advised by the National Advisory Committee on Immunization and the Ontario program, that we wait for the new KP.2 formulation to provide greater protection against circulating COVID-19 strains compared to earlier vaccine formulations. The upcoming supply of the new formulation of KP.2 vaccine doses is coming soon.

3) Influenza Vaccination Program

Influenza vaccines will be administered as soon as they are available for the 2024/2025 respiratory illness season.

We are happy to announce that we have launched Best Practice Spotlight Organization (BPSO) at Labdara. What is that, you may ask?

"BPGs are defined as: systematically developed, evidence-based statements that include recommendations for nurses and the interprofessional team, administrators, educators, policymakers, and patients and their families to improve outcomes on specific clinical, system and healthy work environment topics (Rey et al., 2018, p.37)

In January 1999, the Ontario Ministry of Health and Long-Term Care produced a report by the Nursing Task Force titled Good Nursing, Good Health: An Investment for the 21st Century.

The report put forward two recommendations relating to best practices:

- design and provide support for nurses to gain expertise in clinical areas, and to be recognized for these skills; and
- assess and evaluate how new approaches impact client outcomes and the nurses' work environment.

BPG recommendations are aimed at giving nurses and other health-care providers the resources that would help them to: provide evidence-based care and be recognized as knowledge professionals; and evaluate the impact of using these resources and how they can change the working lives of nurses and other health-care providers."

[Retrieved online Sept 30 2024,
<https://elearning.rnao.ca/mod/lesson/view.php?id=1058&pageid=184>]

Thank you to all the staff, residents and volunteers who continue to support the home on new projects. We could not do this without our team of staff, our loved residents and our family/community. You are the reason we do all this.

Laura Puteris
Executive Director



Grand Parents Day

On Sunday, September 8th LABDARA hosted a Grandparents' Party for our residents and families. Around 30 folks attended, chatted, played games and enjoyed soft drinks and snacks galore. A musical duet "John and John" entertained us with their wonderful songs. Thanks to all for a great time .



"John and John" - Our Performers



The Ycas family visit



Residents enjoy the visits

WEDDING ANNIVERSARY was recently celebrated at Labdara by our resident Susan and her husband Ahmed. They celebrated 44 years of a life together. Congratulations and we wish you many more celebrations!



Our resident Maria Teresa tidying up the balcony.



Four ladies all named „Janina“ socialize in Labdara.

A visit from family and friends is always welcome.



A FEW THOUGHTS FROM LABDARA RESIDENT KOSTANTY



I am Konstanty (to my friends - Kostas). It seems in choosing a name for me they either lacked a sense of fantasy or had too much of it...I was born, as in that song, not too soon and not too late – 76 years ago, in the village of Rymkażarai in Suwalky Poland. I came to Canada in 1987 and settled in Toronto. I worked at various jobs in construction in Toronto and Ottawa. When my health failed, I had to find a place to live that would provide me with the care I needed and I ended up in the LABDARA nursing home. I have lived here now for two months and can confirm that all of my wishes and my hopes have been fulfilled here at LABDARA. When I first set foot into

LABDARA I was pleasantly surprised. The warmth I felt was supplemented by the many beautiful paintings lining the corridor walls.

A FEW THOUGHTS FROM LABDARA RESIDENT KOSTANTY (continued)

I can attest to the professionalism of the multicultural staff who perform their duties with due diligence. They do not shy away from hard work and know their patients well. The home's Administration is competent and commands authority with the staff. The multiculturalism evident here reinforces a very Canadian phenomenon – everyone lives and works together peacefully without imposing their own interests.

Now, as an elder, I have a lot of free time and am not bound by any contracts, so I have decided to live a slower life style, to stop and look around me – does everything that I have accomplished during my life have meaning? Was competing to reach a higher level than my neighbour the main motivator of my actions? Always wanting more regardless of the final aim...

It is only in fairy tales that the poorer or the weaker win since these stories always have a happy ending and must be politically correct. On the other hand, if we separate life from these fairy tales, we see that the rich play by different rules of the game. They are not preoccupied with the opinions of others. They live the high life style and always strive to get more. But in my opinion, a person is rich not if he has amassed material goods, but a person is rich if he donates and invests his fortune wisely. Money held in a bank account are like your medications lying in a drawer – unfortunately they just lie there but do not heal. These days "money" that is not backed by anything of value like gold or silver, is worthless. It is like an item at an exhibit only to be looked at. But if it is invested wisely, it has value. This begs the question – what is the value of cryptocurrency? To my understanding, acquiring these "e-funds" is like acquiring plots of land on Mars.

Lastly let's talk about Labdara's kitchen staff. They prepare delicious and healthy meals. Food that is esthetically pleasing and served with a smile is even more delicious!

The residents enjoy the various activities provided for us by the Activation department.

We also enjoy the exemplary standards of cleanliness and speedy interventions when we encounter technical failures. They are mitigated immediately.

So, I have introduced myself by way of this article. Next time I will write more about my professional life so that those who want to, can get to know me better.

Until next time...

*With regards to the residents of LABDARA,
Konstanty*

ALL SOULS DAY

All Souls Day or "Vėlinės" in Lithuanian – is a time to remember and to honour those who have gone before us and is celebrated on November 2nd. Halloween is celebrated on October 31st. We would like to remind you that "Vėlinės" is a wonderful traditional Lithuanian feast full of warmth and memories – a time during which we come together in fellowship.

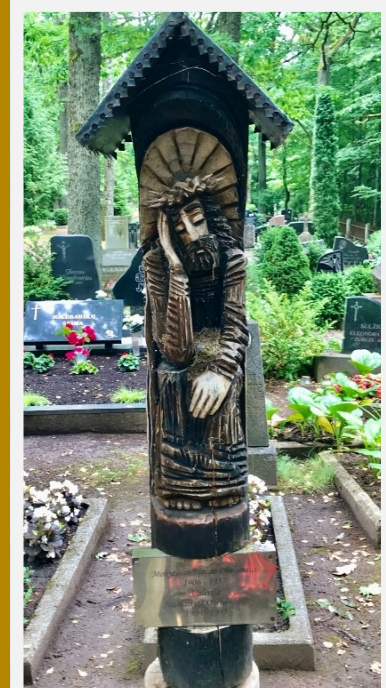
In rural areas on the feast day of "Vėlinės" a lamb would be roasted over an open fire. Traditionally it was either a lamb or a succulent turkey. During the colder weather, it was important that the meal be fatty so that those visiting the graves would not freeze and would maintain their strength.

Each visited grave would be adorned by lit candles as a commemoration of folks who have already departed.

Origins of "Vėlinės"

It is not coincidental that "Vėlinės" is celebrated in the Fall. Fall is a time when the harvest has been collected and folks are preparing for winter – there is no more urgent work to do. The honoring of departed souls and associated rituals symbolized communication with one's ancestors. The harvest of the Fall allowed production of fulsome meals using the fruits of the earth as offerings to the souls of the ancestors to ensure a good relationship, to obtain their blessings and intercessions, their protection and support. That is how the tradition of eating the meal, leaving the bread, etc. commenced. This tradition was also adopted by the Slavs, the Greeks and the Romanians, as well as Lithuanians. Some elders maintain this tradition to this day

Over time the feeding of the spirits changed to other symbolism – the connection through fire. In ancient times, it was believed fire attracts the spirits and fosters communication with



ALL SOULS DAY (continued)

them. From this belief was born the tradition of lighting candles and leaving them by the gravesites as a sign of attention to them and respect.

“Vélinés” are understood to be a family feast day, and so, families gather and together visit the graves of their ancestors, bring flowers, light candles. These days “Vélinés” are also celebrated in churches with prayers for the departed. Having visited the graves, families then sit down to share memories and a meal together.



Rest in Peace



Craft &
Bake Sale

SUNDAY, NOVEMBER 17, 2024
10:00 am – 2 pm



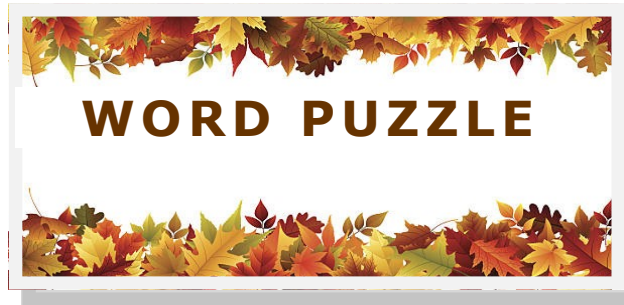
RC CHURCH OF THE RESURRECTION
1 RESURRECTION RD., ETOBICOKE, ON
(NORTH OF BLOOR ST. BETWEEN KIPLING AVE. AND ISLINGTON AVE)

EVENT COORDINATOR: NERIJUS AUGUTIS
TEL. 416-232-2112 EXT. 412
LABDARAVOLUNTEERING@GMAIL.COM



Proceeds go to our residents' activities & needs.

If you can serve during the bake sale or contribute baked goods, please contact Nerijus. Your help would be very welcome.



WORD PUZZLE

1. A 100 toothed dragon gnaws through trees. What is it?
2. Made of wood but with a metal head. What is it?
3. One runs ahead, the other always follows. What is it?
4. Although born in water it is afraid of water. What is it?
5. It has wings, but stands still. What is it?
6. When it's light it sleeps, but in the darkness it shows everything. What is it?
7. An old man kisses everyone's feet. What is it?
8. The little miss stands by every door and gives everyone who passes her hand. What is it?
9. I have a waistcoat and roots, but I am not a tree. I wear a hat, but am not a man. What am I?

A mushroom	9
A door handle	8
The threshold	7
A lamp	6
A windmill	5
Salt	4
A bike	3
A hammer	2
A saw	1



FOOD FOR THOUGHT (Deacon Dr. Kazimieras Ambrozaitis)

COMPASSION FOR ONE ANOTHER

When we gather at the Altar of Christ's Word and Body, we seek consolation and solace, comfort and healing, as we see and feel the tears of our loved ones and their sorrow.

We feel compassion and empathy for our neighbour especially when we witness with our own eyes and feel with our Christian love, each other's worries, fears and anxieties.

The sacramental graces of the Eucharist enable us to console, to support and to give strength, and help us heal each other and ourselves.

Let us pray for those we love who have gone before us, remembering that they need our prayers just as much in the afterlife as they did when they journeyed with us here on earth.

Through the sacramental healing of the Holy Eucharist let us continue to renew, to regenerate and to be full of hope for everlasting life.

