



5 Resurrection Rd., Toronto, ON M9A 5G1

Lets Chat

Summer 2024

Labdara residents' news is published quarterly.



Trakai Castle



Its that time again, when we provide you with our newsletter. I hope you enjoy reading it as much as we enjoy creating it. I wanted to thank the outstanding Labdara Team, dedicated staff and volunteers that work diligently in producing this newsletter for staff, residents, families, and community members. A BIG Thank you!

What's new?

Summer is approaching and with summer comes warm and even HOT weather. We would like to remind everyone to enjoy the warm weather and sunshine but to be sun safe. Residents should be wearing sunscreen, stay in the shade, wear a hat and sunglasses when outdoors. Remember to drink lots of fluids and to take breaks often by coming inside into the air conditioned home.

Reminders about absences: The MHLTC has directives that the home is mandated to adhere to when it relates to resident absences from the home.

There are two types of absences:

1. **Day trips & vacation** – Casual absences should not exceed 48hrs. per week and vacation absences should not exceed 21 days per year.
2. **Medical & psychiatric absences** –Medical absences (hospitalization) should not exceed 30 days, and Psychiatric absences (off site institutions) should not exceed 60 days.

Please note that if a resident exceeds the above noted periods the resident will unfortunately be discharged from the home. Rest assured that the Labdara team will work diligently with both residents, POA's/SDM's and external partners at the hospitals and home and community towards having the resident re-admitted to the home. If you have any questions pertaining to this matter, please visit website:

<https://www.ontario.ca/page/living-long-term-care-home>

Laura Puteris, Administrator

NEW 2024-25 BOARD OF DIRECTORS



At the Annual General Meeting (AGM) of the Labdara Foundation held at the Resurrection Parish Hall on June 20th, 2024, a new member, Ramunė Čygas, was elected to the Board of Directors and joined the 2024-25 team.

From left to right: Dalia Rocca - Secretary, Ramunė Čygas and Algimantas Nakrošius - members, Zita Bersėnas-Cers - Chair, Daina Kalendra - Vice-Chair, Audronė Butrimas - Treasurer. Absent - Gabrielė Zitikytė.

LIFE AT LABDARA

So nice to chat with another centennarian.



Beautifully coloured flowers by Maria Teresa.



LIFE AT LABDARA (continued)



Our visit to Cloverdale Mall

MUSIC THERAPY in the garden with our therapist Laura



SING-A-LONG with Elena is enjoyed by all.



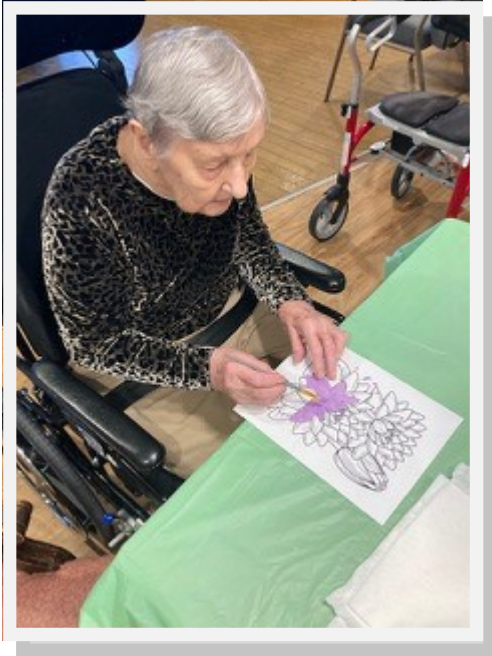
LIFE AT LABDARA (continued)

Happy
Mother's
Day

On Friday May 10th we celebrated Mother's Day at Labdara. Well known pianist Renee performed some beautiful classical songs for us. We enjoyed delicious cake and soft drinks afterwards and every lady received a gift of beautiful flowers and chocolates, courtesy of Turner & Porter. Thanks to all for a wonderful celebration.



LIFE AT LABDARA (continued)



Genuté is colouring spring flowers.



We enjoy a seated game of baseball, especially hitting the ball on first try.



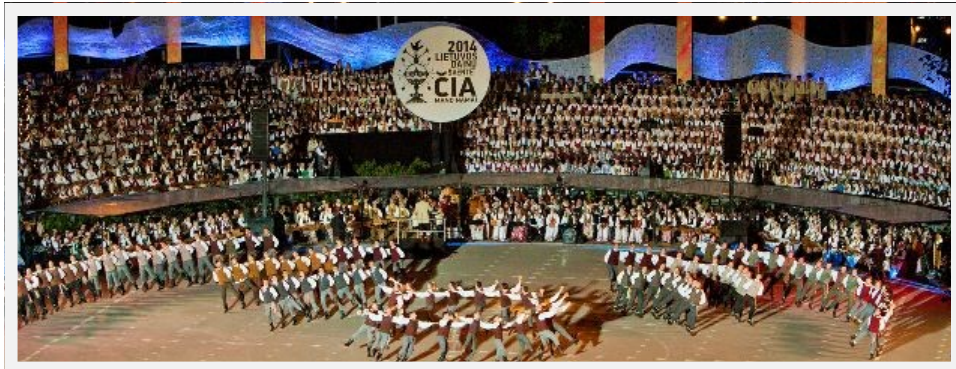
What better way to enjoy cold beet soup on a hot day than making it yourself with a great group of friends and guided by Zita during her cooking class at Labdara. And with a side of freshly boiled potatoes – it's heavenly!!!

100th ANNIVERSARY OF SONG FESTIVALS IN LITHUANIA (material from 2024 100th anniversary Song Festival website online)

Prior to the First World War, a choral culture emerged in Lithuania: a generation of talented composers matured, choirs and their listeners appeared, performances were reviewed in the press. After many years of Czarist occupation, a national revival evolved during which the singing culture of the nation emerged.



THE FIRST SONG FESTIVAL was held in Ažuolynas in Kaunas on August 23-25, 1924. 77 choirs participated - a total of 3,500 performers. Crowds of tens of thousands came to the exhibitions and concerts. The Second Song Festival was held in 1928 and the Third in 1930. During the Soviet occupation (1950-1988) this tradition did not end. Rather, it acquired new meaning not only in Lithuania, but also abroad. In 1953 Lithuanian exiles celebrated the Song Festival in distant Siberia, Igarka, and Lithuanians living in the United States and Canada held the first of many Song and Dance Festivals in the diaspora in 1956 in Chicago. The Song Festivals in Lithuania added a Folk Dance day to the 1950 program and in 1960 a new stage that would accommodate 20 thousand singers was built in Vingis Park in Vilnius.



SONG AWAKENED LITHUANIA: The Song Festival tradition was continued in the diaspora. And the Song Festival in 1975 in Lithuania for the first time included participants from: the USA, Canada, Brazil and Australia. Choirs sang the informal national anthem "Lietuva Brangi" ("Dearest Lithuania") by banned poet Maironis. These were the first signs of awakening from stagnation leading to the rebirth of a sense of nationhood. The Festival held in 1985 was permeated with strong anti-communist sentiment. The Song Festival with as many as 38,800 participants appeared to be a rehearsal on the eve of the Singing Revolution.



RESTORED INDEPENDENCE: Despite the economic blockade, the decision was made to go ahead and hold the Song Festival in 1990. During the next 34 years of independence, the Song and Dance Festival in Lithuania has established itself firmly in the consciousness of Lithuanians as one of the signs of identity and as an important occasion for the whole nation to be together in unity.

100-year-old tradition of the Song and Dance Festival is connected with Lithuanian respect and love for the sung word and dance. It served to unite the nation during difficult historical challenges and helped to awaken patriotic feelings and resistance against occupation. It is a cultural phenomenon of global importance that allowed the peaceful expression of the nation's political position and solidarity.



UNESCO CULTURAL HERITAGE: We have a lot to be proud of. On November 7th, 2003 UNESCO announced that the Estonian, Latvian and Lithuanian Song Festivals are of importance to humanity and are masterpieces of verbal and intangible cultural heritage. In 2008 they were included in the list of the cultural heritage of humanity.



SCOUT BONFIRE AT LABDARA



On Saturday, April 1, 2024, the Lithuanian Venturer Scouts of Toronto (ages 14 - 17) visited Labdara Lithuanian Nursing Home and created a "bonfire" in Tadas' Room, a circle of warmth and love, with traditional Lithuanian scout songs, funny skits and beautiful musical performances.

The older scouts, Lina V, Lily and Ruta, led the songs, ran the program and sang a special song for the group. Tessa and Lina K played a couple of pieces on the Lithuanian plucked string instrument, kankles. Tessa performed several pieces on piano. The scouts (Andrius, Jonas, Krista, Lina K, Simas, Stephen, and Tessa) showed off their acting chops in plays and sang their favourite camp songs with gusto.

The event was a great success. Some residents were grateful to learn more about Lithuanian culture and traditions. Others enjoyed singing the scout songs of their youth and were heartened to see that Lithuanian scouting is alive and well in Toronto. People



laughed, people cried. There was nary a dry eye in the room when we all joined hands and sang the Lithuanian folk song "Ateina Naktis", wishing each other a good night in the traditional scouting way.

And the scouts loved it too! Simas felt like everyone there had some sort of a connection. Tessa was glad to give back to the community and help people relive happy memories. Stephen felt a lot of joy in making people smile. Lina said the event was heartwarming. Krista noticed that the residents and scouts have a lot in common. Everyone saw connection, community, kindness, and happiness.

The scouts were so very grateful for the opportunity to spend time at Labdara and get to know its residents. Let's hope this tradition continues for years to come. As they say in Lithuanian scouting, "Ačiū ačiū, ačiū!" (Thank-you, thank-you, thank-you!).



Daina Kalendra



FROM OUR MUSIC THERAPIST LAURA



Laura the Music Therapist spent time with Robert one afternoon and got a wonderful lesson about music from Argentina! Robert lived in Argentina for a time, and is a musician himself, playing trombone (which is "a lousy thing," Robert jokes!). Robert shared about a very talented songwriter/singer/guitarist named Facundo Cabral, legendary in Argentina, but new to Laura, who is very appreciative of having been introduced to his beautiful music! The song is called "No Soy de Aqui, Ni Soy de Alla," roughly translated "I'm not from here, nor am I from there." It deals with universal human themes of displacement, longing, and looking for a place to call home.

If you'd like to hear their conversation and a beautiful song from Facundo Cabral, you can look up "Vintage Voices channel" on Youtube... here you can also listen to other episodes of Laura in conversation with residents living in long-term care, talking music. Or, keep an ear for it on Steve Fruitman's 33-45-78, which airs on CIUT 89.5FM (ps... the radio station is having their spring fundraising drive, so if you'd like to support community radio and our host radio show, it's a good time to do so!). If you'd like to learn more about the project, you can read and see pictures here: newmusicnetwork.ca/projects/vintage-voices, and you can connect with our facebook page here: facebook.com/vintagevoices.

**WHAT DO YOU KNOW ABOUT CANADA?
(to mark Canada Day, test your knowledge)**



- 1. Where is the most powerful waterfall in the world?** Niagara Falls is made up of three separate waterfalls – the American, the Bridal Veil and the Horseshoe Falls. It spans across the Canadian-US border and can be viewed from either side of the two countries.
- 2. How many UNESCO sites are found in Canada?** Canada is home to 10 natural UNESCO sites including: Canadian Rocky Mountain Parks, Dinosaur Provincial Park, Mistaken Point, Joggins Fossil Cliffs and Waterton Glacier International Peace Park.
- 3. Which country is the world's major supplier of maple syrup?** Canada provides 85% of the world's maple syrup.
- 4. Which lake has saltwater like the Dead Sea but is in Canada?** Little Manitou Lake in south-central Saskatchewan has water 5 times more concentrated with mineral salt (180,000 milligrams per litre) than the ocean's water. The 13.3 square km lake is buoyant like the Dead Sea in the Middle East.
- 5. Which country in the world has the longest coastline?** Canada. It's coastline stretches 243,000km along the shores of 52,455 islands.
- 6. Which country has half the world's lakes?** Canada is home to more than half of the world's lakes.
- 7. Where are the oldest rocks on earth found?** The oldest rocks on earth are found along the U-shaped Canadian Shield, which spans from Lake Superior to the Arctic Islands and from the Western part of Canada eastward to Greenland. In 2001 one was found to be 4.28 billion years old.
- 8. What country eats 1 billion donuts a year?** Canada is the number one donut consumer in the world, eating 1 billion donuts a year.
- 9. What does the word "Canada" mean?** The name "Canada" likely comes from the Huron-Iroquois word "Kanata" meaning "village" or "settlement". In 1553 two Aboriginal youths told French explorer Jacques Cartier about the route to Kanata – the site of present-day Quebec City.

FOOD FOR THOUGHT

(from a posting on the Internet)

There are five things in life you cannot recover:

A stone.... after it's thrown.

A word... after it is said.

An occasion... after it is missed.

The time... after it is gone.

A person... after they die.

Life is short.

Break the rules.

Forgive quickly.

Love tenderly.

Love truly.

Laugh uncontrollably.

And never regret anything that made you smile.

Enjoy life!!!