

THE LANGLEY LODGE REVIEW

Langley Lodge, 5451 204 Street, Langley, BC V3A 5M9

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January



Thoughts for the Coming Year

I PROMISE MYSELF

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness, and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.

-- Christian D. Larson
(Modified by The Secret 2007)

Chinese New Year

In 2017, Chinese New Year Day is on January 28th. 2017 is the Year of the Rooster according to the Chinese zodiac. The New Year is celebrated with great enthusiasm and cultural festivities across the country. Roosters are those born after the Chinese New Year in 1945, 1957, 1969, 1981, 1993, 2005 and 2017. They are characterised as trustworthy, hardworking, strong at timekeeping, career-driven and good at multitasking.



Traditionally the end of the Spring Festival (the Chinese New Year holiday) is the **Lantern Festival** — Chinese month 1 day 15 (February 11, 2017). Then beautiful lanterns are displayed and sweet rice dumpling soup is eaten.



News from the TR Department



2017

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called

Opportunity and its first chapter is New Year's Day." [Edith Lovejoy Pierce](#)

HAPPY NEW YEAR FROM THE THERAPEUTIC RECREATION DEPARTMENT

Thursday, January 5th – 2 pm in the Main Lounge

We will start off the New Year with a visit from one of our favorite musical groups – the Langley Seniors Centre “Bells and Beaus”.

Thursday, January 12th – 2 pm

Join us in the Main Lounge for music with Kenny Buston.



Saturday, January 14th 2 pm – entertainment by the Highland Dancers in the Main Lounge.

Thursday, January 19th – 5:30 pm

Join us after your evening meal in the Main Lounge for music with Leanne Page.

Thursday, January 26th – 2 pm in the Main Lounge

A special Birthday Party Celebration for residents with a birthday in January. Music by Janice Halpenny.



SHEEP RACES

Friday, January 27th - 2 pm in the Main Lounge

Weekly bus trips are being planned. If you are interested, please contact the TR Department.

Auxiliary News

It's time to stock up for your reading during those long cold winter evenings.



BOOK SALE - Saturday, January 28th 9:30 am to 3 pm.

It's hard to believe the Christmas season has come and gone once again. The Auxiliary will be putting all those pretty decorations back into their boxes on January 7th and 8th.



Through their fundraising efforts they were able to purchase Christmas gifts for the floors – “almost real” Companion Pets (cats and dogs) and art supplies – for the enjoyment of all the residents.

A BIG THANK YOU TO THE AUXILIARY FOR ALL YOU DO

From the residents and families of Langley Lodge

Langley Moms Group

The Langley Moms Group came again this year bringing Christmas cheer to our residents. Every resident was visited by a family and presented with a gift. This is always a special time for our residents and they enjoy the visit – especially seeing the children. THANK YOU to this group for choosing our residents to bring joy to at Christmas.

January Birthdays

Patricia Shaw	Mae Smith
Roger Barnes	Lang Hoang
Bob Chappell	Jo Gilhespy
Lois Kapp	Florence Terrill
Marjorie Lehman	Agnes Brown
Dale Siba	Minnie Heslinga
Allan Brown	



Welcome to Your New Home

Ian Gray
Paul Wawin
Lloyd Owen
Nettie Driediger



JANUARY IS QUIT MONTH



THIS COULD BE YOUR YEAR

The B.C. Smoking Cessation Program helps eligible B.C. residents who wish to stop smoking or using other tobacco products by:

- covering 100% of the cost of nicotine replacement therapy (NRT) products (specific nicotine gum, lozenges, patches, inhaler), or
- contributing to the cost of specific smoking cessation prescription drugs.

YOUR OPTIONS

Eligible residents can be covered for **one** of the following two treatment options:

Option 1—NRT products (gum, lozenges, patches or inhaler)

Option 2—Prescription smoking cessation drugs:

If you are a resident who wants to quit smoking, talk to your nurse. She can help you to get started.

QuitNow.ca provides one-on-one support and valuable resources in multiple languages to help you plan your strategy before you get your smoking cessation aids. Planning increases your chances of success. When you are ready, the program will be there for you.

CELEBRATION OF LIFE SERVICE



January 18th - 2 pm
in the Main Lounge

WITH CHAPLAIN TONY

REMEMBERING

Arthur Jary	Tena Carlson
Antonia Sylka	Simone Lefebvre
Charlotte Leader	Leo Lawlor

IN MEMORY

Those we love, remain with us for love itself lives on. Cherished memories never fade because one loved is gone
Those we love can never be more than a thought apart
For as long as there's a Memory, They live on
In our heart.



OFFICE OF THE SENIORS ADVOCATE

New Report Highlights Progress in Residential Care

In November, the OSA released a progress report on its April 2015 report, *Placement, Drugs and Therapy...We Can Do Better*. The progress report highlights that some improvements are being made in the provision of rehabilitative therapies to seniors in residential care, as well as the use of antipsychotic medications; however, the use of these drugs remains high compared to other provinces.

Data also show that premature placement of seniors into residential care is declining. The progress report uses health assessment data for 27,000 seniors in residential care for 2015/16. The data shows the following changes since 2013/14:

- A decrease of 9.6% in potentially inappropriate admission to residential care
- An increase of 7.8% in the percentage of residential clients receiving physiotherapy
- An increase of 10.6% in the percentage of residential clients receiving recreational therapy
- A decrease of 16.9% in the percentage of residential clients receiving occupational therapy
- No change in the percentage of residential clients receiving speech therapy
- A decrease of 14.2% in the potentially inappropriate use of antipsychotic drugs

OSA Surveys in Langley Lodge will start on Jan 5th for residents who are funded by Fraser Health Authority.

REMINDERS TO OUR RESIDENTS AND FAMILIES

Flu Season As mandated by the Provincial Health Officer Flu Season is from December 1st to March 31st, or as may be otherwise indicated by the Officer. Regulations require that anyone visiting in a Long Term Care facility must have received the flu vaccine, or they will be asked to wear a mask while visiting. Reception personnel will ask ALL visitors if they have received the flu vaccine and, if not, they will be asked to wear a mask. Reception cannot remember everyone that visits, so you may be asked more than once. **They are just doing their job. Your patience is appreciated.**

Private Family Events in the Lodge

Occasionally, families will ask if they can hold a private family event at the Lodge to celebrate an occasion such as a resident's birthday or anniversary. Resident dining areas, lounges and the Bistro are not generally available for this purpose. We have a policy in place with regard to which areas are available, the number of people allowed, and the charge for set-up, clean-up and supplies that are needed. To avoid disappointment and ensure availability, please refer to the guidelines in the Resident / Family Handbook as below:

"Limited space is available for Special Family Events. If you want to reserve space to celebrate a special event with your family, please contact the Social Worker at least one week in advance to discuss costs and make arrangements."

