

THE LANGLEY LODGE REVIEW

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

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www.langleylodge.org



*I used to tend to sunflowers,
Nurtured and nourished their seeds.
Through soft songs and flourished hours.
Their beauty a mirror to my needs,
It feeds a hole in my life's fabric.
One I cared not for to stitch in time,
So the hole has become a scar and what's tragic,
Is my sunflowers died and buried into that hole of mine,
I have spent years regretting, Pulling away petals
& crying over the fact they won't regrow,
But though I knew not at the time I wasn't letting,
My sunflowers growing new and so,
In time I came to remember,
Something I concede that I should already know,
That the rotten dreams of last December,
Are mulch from which new sunflowers will grow,
So what if the sunflowers of my past may never not return,
So what if my fabrics torn and gaping gap will never mend,
The new seeds that I soe are now my new concern,
I have new sunflowers now to tend.*



Shout out to our "Master Gardeners"!

The garden is a great place for the residents to get some fresh air, sunshine and enjoy the beautiful scenery. With COVID restrictions our garden needed some much TLC.

We are so grateful to have the "Master Gardeners" back. Giving their time, dedication and commitment to the garden at Langley Lodge. One of the gardeners Penny, said they had been itching to get back to the lodge to garden! There was a lot to catch up on and luckily some of the leadership team were able to join the fun for a while.

It was great to work with such an amazing group of ladies, who were happy to share their knowledge and passion for gardening. Thank you Master Gardeners!



News from the TR Department



A Message from our Therapeutic Recreation Manager:

The weather has really warmed up; the lazy days of summer are now upon us, time to relax and enjoy this beautiful province we call home.



I am happy to announce that Emily, our Music Therapist will be returning in August. We are absolutely thrilled to have her back and we all look forward to seeing her interacting and supporting our elders and staff. We will continue with small groups of 3 and will only use wipeable and/or disposable equipment.

The virtual visits are now a regular part of our routine and we would like to thank you for your continued support and kindness. As we transition into “in person” visits you may see a decline in the number of virtual calls while we get this program up and running.

LANGLEY LODGE HAPPENINGS



August Birthdays

Nettie D.
Maxine M.
Aime S.
Margaret W.



★HAPPY★
BIRTHDAY!

Doreen G.
Eleanor P.
Donna T.
Gloria W.

Welcome To Your New Home!

Loretta F. John H.
Christina A. Wayne H.
Margaret W. Dean I.
Eleanor W.



HOW TO: *Manage Anxieties around Mask Wearing.*

- **Accept that some things are beyond your control.** The COVID-19 pandemic has meant that sometimes circumstances, and not our choices, are the driving forces in our lives. Try to focus on the things you can control, and let go of those you can't.
- **Stay informed.** Keeping up-to-date with recommendations made by the government and health organizations for best practices on how to stay safe will help turn down the "volume" on your anxious thoughts. You'll be able to safely say, "There are things beyond my control, but right now I am doing everything I can to stay safe."
- **Remind yourself you are keeping yourself (and those around you) safer.** Knowing that your choice to wear a mask is what's in the best interest for yourself and those around you will make the decision to wear one easier, in spite of any anxiety you might be feeling about it.
- **If you're concerned that wearing a mask will mimic symptoms of your anxiety, try to think of ways to limit or ease those worries.** For example, try not to do activities that require you to wear a mask for too long, and take breaks outside in the open air if you can. If the feeling of having something around your face or jaw is upsetting, try different styles of masks such as cloth ties that do not have elastic, or neck gaiters that drape down to your neck instead of tying behind your head.
- **Be aware of signs that you might be becoming anxious—before it happens.** If the thought of putting on a mask is causing your muscles to tense up or you're thinking intrusive or negative thoughts, take action to course-correct an anxious episode. Try to relax through meditation, exercise, a breathing exercise, counting to 10, calling a friend, or doing something else to break the cycle.
- **If you're still feeling anxious, your assistance program is here to help.** Caring counsellors can help give you the support you need.

Langley Lodge Heroes Response Fund



Family and friends are being safely cared for by the heroes of Langley Lodge.

One way you can thank them for their courage is to support their commitment to enhancing quality of life for residents.

By making a donation, you can help us adapt to the increased risks of COVID-19 for seniors and the elderly. Please visit www.langleylodge.org and press the "Donate Now" button at the top of the webpage OR contact the Langley Care Foundation at **604-532-4207.**

We need you to be a hero too.





Langley Lodge Visitation Plan



GENERAL INFORMATION FOR DESIGNATED VISITORS: Family members are required to designate only ONE member of the family to visit. This will be the "Designated Visitor" who will be scheduled for visits.

DESIGNATED VISITORS' DO'S AND DON'TS

- **DO NOT VISIT IF YOU ARE SICK** or have any COVID-19 symptoms.
- **DO NOT CALL RECEPTION TO BOOK THE INITIAL VISIT:** A member of our team will phone/email/text every primary contact, to ask for the Designated Visitor information, and to book the initial visit.
- **PARTICIPATE IN A PRE-SCREENING PHONE CALL** with a member of our team, which follows the guidelines of the BC Center for Disease Control.
- **DO NOT ATTEND WITHOUT AN APPOINTMENT.** Appointments will be booked in advance.
- **BRING A MASK TO THE VISIT APPOINTMENT;** it must meet the guidelines as stated on: <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/diseases-and-conditions/covid-19-safely-use-non-medical-mask-face-covering/covid-19-safely-use-non-medical-mask-face-covering-en.pdf>
- **ARRIVE 5 MINUTES BEFORE THE VISIT APPOINTMENT.** Wait in your vehicle until the appointment starts. There will be reserved parking spaces in our front parking lot for Visitors.
- **BE PREPARED TO BE SCREENED AT THE DOOR** on arrival.
- **FOLLOW THE INSTRUCTIONS OF THE VISITATION FACILITATOR** who will guide you through the hand hygiene, mask procedure and escort you to the visitation area.

LOCATION OF VISITS

Most visits will occur on the main floor. An accommodation will be made for residents who are unable to visit on the Main Floor, due to health status reasons.

VISIT DAYS AND TIMES

There will be a morning & an afternoon session available 7 days a week. Each session will be 30 minutes to allow for pre-screening the visitor, portering of the residents, and infection control procedures. Morning sessions will be between 10:15-11:45AM & with afternoon sessions between 2:30-4:00PM;

CANCELLATION OF VISITS WILL OCCUR IF:

- Visitor or resident is sick/does not pass screening;
- Weather does not permit outdoor visits;
- Home is in outbreak;
- Visitor does not comply with protocol: wearing mask/hand hygiene/social distancing;
- If there is a second wave of COVID-19, it may be necessary to restrict visits again;

It is important that the Designated Visitors stay healthy; to reduce the chances of transmitting the virus during visitation at Langley Lodge. Please follow the guidelines such as: stay away from large crowds, practice social distancing, wear a mask in public places, wash/sanitize hands frequently, and avoid contact with people who are ill.