



5 Resurrection Rd., Toronto, ON M9A 5G1

Labdara residents' news is
published quarterly.

LET'S CHAT

AUTUMN 2023

FROM THE LABDARA FOUNDATION BOARD



Dear Residents, Families, and Friends of Labdara

We have just celebrated Thanksgiving. Thanksgiving is a time to think about things for which we are grateful and to consider ways in which we, in turn, may give to others. In the spirit of that holiday, let us remember with gratitude the generosity of the visionaries and donors who built Labdara Lithuanian Nursing Home. Many of our current and former residents were instrumental in bringing the nursing home into being and ensuring its success through financial support and volunteering over the years.

Now it is our turn to pay the generosity of Labdara founders and donors forward. The greatest gift that we can give our elders is our time. I urge members of the Labdara community to enrich the lives of our residents by volunteering at the home. Come spend time with residents by visiting or reading to them; leading or assisting with group programs; taking residents for walks; or helping them with activities of daily living. Labdara also needs volunteers who can help improve its surroundings by doing groundskeeping or gardening. If you wish to volunteer, please contact the Activities Team at 416-232-2112 ext. 409, or by email at labdaravolunteering@gmail.com.

I would like to extend a special thank you to the dedicated staff and management of Labdara who work hard every day to provide a positive, caring home for our residents.

Zita Bersenas-Cers, President
Labdara Foundation Board of Directors



FROM OUR NURSE ASHLEY – ABOUT ANTIBIOTICS

Did you know that studies are showing that shorter courses of antibiotics, when indicated, are as effective as longer courses with less risk of harm?

Research released by Public Health Ontario shows that “overuse of antimicrobial therapy in the long-term care (LTC) setting is common and leads to patient harm. Seventy-eight (78) % of Ontario LTC residents will receive at least one course of antimicrobial therapy over the course of a year. Of these prescriptions, one third are prescribed for urinary indications. At least one third of these prescriptions are for asymptomatic bacteriuria, a condition that does not benefit from antimicrobial treatment in older adults.” (*Duration of antibiotic treatment for uncomplicated urinary tract infection in long-term care residents. PHO; 2018*)

Antimicrobial stewardship helps optimize and reduce unnecessary antibiotic use, and with intentional implementation of strategies, attempts can be made to ensure antibiotics are only used when appropriate.

Here are 3 common barriers to antimicrobial stewardship implementation for your consideration:

1. Pressure from family members of residents for immediate treatment
2. Physician attitudes, varying practices (e.g., on-call, ER physicians); ordering antibiotics before receiving laboratory confirmation
3. Time/resources/staff constraints to develop an antimicrobial stewardship program.

Managing antibiotic use is important, as antibiotic resistant organisms (AROs) have increased in health care facilities over the past 10 to 15 years. And prolonged antimicrobial therapy has also been shown to result in a greater risk of acquiring antibiotic resistant organisms.

It is important to note, because of the population we serve at Labdara, that due to physiological changes associated with aging, older adults are more susceptible to the negative consequences of antibiotics, including adverse effects and drug interactions. So, to improve outcomes, and reduce harm, it is important to steward the use of antibiotics in the elderly population well.

Please visit the Public Health Ontario website for more information.

FROM OUR MUSIC THERAPIST LAURA



Some new episodes of Vintage Voices will soon be shared on the radio. Several residents from Labdara engaged in recording their voices in conversation with Laura the Music Therapist, sharing stories from their lives and about music that they love. The episodes will be heard on CIUT 89.5FM on our host program 33-45-78, just before 1PM on select Mondays and will also be shared on Youtube, just look up the "Vintage Voices channel: and you'll be able to listen. If you'd like to learn more about the project, you can read and see pictures here:

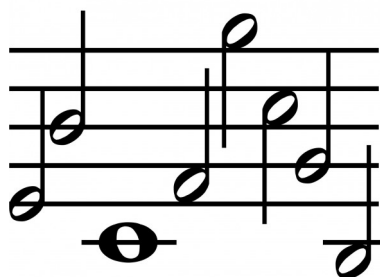
newmusicnetwork.ca/projects/vintage-voices, you can connect with our facebook page here: facebook.com/vintagevoices.

Mary shares the song "All Shook Up" by Elvis Presley and tells a very memorable story! Mary says: "I went and I bought the record. I brought it home...I had one sister that put it on and she never stopped putting it on...and it played and played... If you've got that from eight in the morning to ten or eleven at night...you've had it! You don't want to listen to it anymore!"

Mary describes smashing the record to get rid of it and free her household from the never-ending "All Shook Up", keeping Laura giggling throughout her story. "There was nowhere to hide it...you didn't have any hiding spots when you're the oldest of six ... and they know every hiding spot you ever had!"

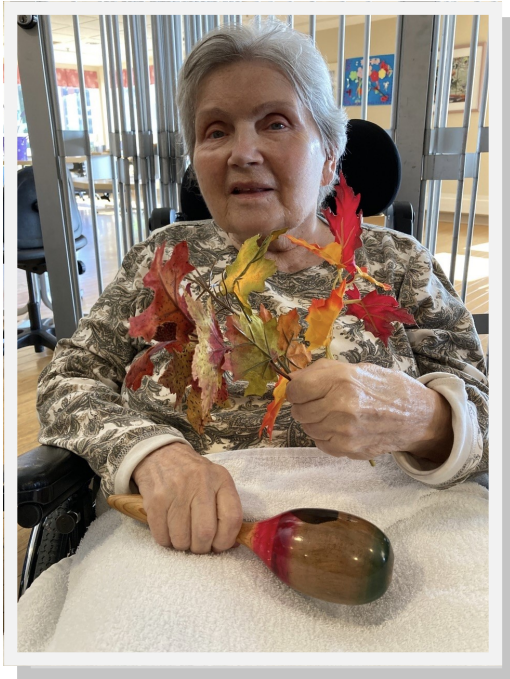
Laura responds sympathetically "what else could you do?" Mary suggests: "Give it away to somebody, but I sure didn't want to walk into somebody else's house and hear it there!"

Mary's voice tells it best, so check it out in a few weeks when it's up on the Youtube channel!



LIFE AT LABDARA

RESIDENTS WELCOME FALL



Our resident Zoja welcomes the arrival of Fall.



Another resident greets the arrival of Fall.



Staff and residents appreciate the "freshness" of a fall day

LIFE AT LABDARA (CONTINUED)

A SPECIAL CONCERT



A special concert by the Burlington Youth Symphony Orchestra took place at Labdara on July 22nd. The concert was organized by Dr. R. Lam whose son plays in the orchestra. 19 musicians performed for our residents. It was a wonderful opportunity for us to attend a symphony performed in our own home. Sincere thanks to Dr. Lam and the orchestra.



OUR NEW VOLUNTEER



We are pleased to welcome John Fortado who is volunteering for Labdara every second Friday for Happy Hour from 2-3PM. He donates his time and his musical talents for the benefit of our residents. Welcome John, and a huge thank-you to you for bringing joy to our residents.

LIFE AT LABDARA (CONTINUED)

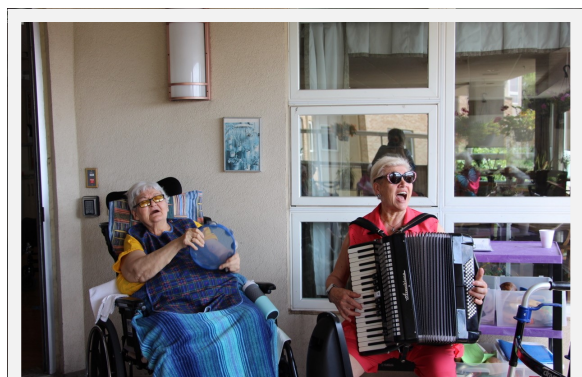
LABDARA'S VOLUNTEER CHOIR:



The choir arrives regularly for sing-a-longs with our residents. The hours spent in jolly camaraderie are enjoyed by all.



OUR ACCORDIONIST - ELENA



OUR ACCORDIONIST: Elena Grasmaniene brings us much joy as she entertains us with her accordion. Elena, a sincere thank-you to you for enriching our days through your joyous, playful music and for visiting with us. Your long service of 21 years is much appreciated.

RESIDENT BIRTHDAYS AT LABDARA

Constance Deltuvaitė celebrates her 100th Birthday at Labdara. Congratulations! What a wonderful traditional cake - the "ŠAKOTIS" to share!



97tas GIMTADIENIS atšvęstas Labdaroje. Sveikiname Viktorą Skukauską sulaukus garbingo amžiaus. Linkime dar sulaukti daug gimtadienių ir džiaugsmo draugų apsuptyje.



SVEIKINAME RŪTĄ MARIJĄ GIRSIENĘ sulaukus 96 metus. Ilgiausių metų!!!





- 1. What has an eye but cannot see?
- 2. You answer me even though I never speak to you. What am I?
- 3. What word is always wrong?
- 4. The more I dry things the wetter I get. What am I?
- 5. What is as large as an elephant but weighs nothing?
- 6. You cannot burn me in fire nor drown me in water. What am I?
- 7. What fills the entire room without taking up any space?
- 8. What falls but never gets up?
- 9. What has a neck but no head?
- 10.What does a cat have that no other creature has?

Kittens	10
A bottle	9
Rain	8
Light	7
Ice	6
An elephant's shadow	5
A towel	4
The word "wrong"	3
A telephone	2
A sewing needle	1



FOOD FOR THOUGHT

A LETTER FROM SISTER DOMINYKA TO LABDARA

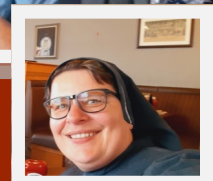
I am Sister Dominyka Violeta Slepikaitė and I belong to the Order of the Sisters of God's Providence in Lithuania. Some of you may have seen me at Labdara or at the Resurrection Parish. I am in Canada from October 2nd until November 30th. What am I doing in Toronto?

I am a spiritual advisor assistant at the shelter in Utena, Lithuania. In addition I am a PhD student and lecturer at Vytautas Magnus University. Through the support of the Erasmus program, as a PhD student I can complete my practicum in any country in the world. Several years ago Sister Gabriel completed her practicum in the Archdiocese of Toronto in the area of healthcare and work with the elderly. She is my thesis consultant and recommended that I come to "Labdara" for my practicum in work with the elderly and their spiritual care.

My supervisor here is Deacon Kazimieras Ambrozaitis who successfully introduced me to life at "Labdara" and the pastoral work with its residents. Kazimieras and his wife Angela often invite me for lunch, are my caregivers and advisors for any questions I may have regarding spiritual pastoral work. The Deacon's gentleness, empathy, patience and peace give witness to God's mercy and provide a wonderful educational experience for me.

It's now the second week that I am at "Labdara" and I very often meet with activation specialist and coordinator of the volunteers, Nerijus Augutis. His commitment, unending desire to be of service to every resident, especially those on the third floor, are an inspiration to me.

In my prayers and work with the residents I have noticed the depth of their commitment to Lithuania and their resolve to maintain their Lithuanian identity. Examples of this type of commitment are becoming rare in Lithuania, yet here, it is found deep in the hearts of the elders and is evidenced through the memorabilia and cultural symbols that decorate their rooms. Of special importance is a collection of leaves in a picture frame in one of the resident's rooms. The leaves have come from the oak tree that her grandson collected and brought to her from



FOOD FOR THOUGHT (CONTINUED)

her former home in Lithuania. They come from the oak tree that had been planted by her father. What a simple, yet profound gesture! Divine and noble!

I am here to be with the residents, staff and families of „Labdara“. Not just to be, but to be an empathic listener, to celebrate with them, to contemplate with them, share and pray with them. Therefore, as of October 17th on Tuesdays I will lead „Holy Hour“ for the residents and present talks about Lithuania's heroes and holy men and women: Blessed Teofilus Matulionis, Father Stanislovas, handmaids of the Lord Maria Rusteikaitė and Adelė Dirsytė, Sister Nijolė Sadūnaitė, the Chronicles of the Catholic Church in Lithuania, etc. If invited, I will happily visit your families. Who else will reflect eternity to all if not us monks. I am learning and am excited to share with you a glimpse into eternity and to encourage you to share this insight with others.

I am grateful to the staff at „Labdara“ for your acceptance of me and your warm welcome, especially to the home's administrator Laura Puteris. Your work and care for the residents is priceless and inspiring. Every time I visit the residents, they are smiling, feel needed and useful through participation in the various activities. They look forward to the delicious meals, enjoy being in the welcoming atmosphere and appreciate the care taken to keep the home meticulously clean and hygienic. From the first steps I took as I entered this home, I felt these words come to my heart: „I WANT TO BE HERE“.

Thanks to you dear elders whose mission from the early days of establishing yourselves in Toronto was to create this home. You remained steadfast and united in your goal and this unity of vision bore fruit – the home you enjoy today called „Labdara“. To me this is evidence that when you love God and your fellow man, you can make miracles happen. The miracle here is „Labdara“. The miracle here gives witness to how to treat the elderly with dignity!

+Be blessed and thank-you all for your witness which gives solice to my heart. I long to bring this witness to Lithuania.

