



5 Resurrection Rd., Toronto, ON M9A 5G1

Labdara residents' news is published quarterly.

Summer 2023

Lets Chat

NEW LABDARA FOUNDATION BOARD OF DIRECTORS June 2023



New Labdara Foundation Board of Directors elected at the AGM on June 22, 2023:

Bottom row (L to R): Gabriele Zitikytė; Algimantas Nakrošius; Board President Zita Bersėnas-Cers; Ina Radžiūnas.

Top row (L to R): Board Secretary, Dalia Rocca; Board Treasurer, Audronė Butrimas; Internal Audit, Genė Kobelskienė; Internal Audit Rūta Kulnys-Douglas; Board Member Aldona Sergautis; Internal Audit, Edis Stravinskas.

Board Vice-President Daina Kalendra was absent for this photo.

Labdara Foundation Annual General Meeting

Labdara Foundation held its annual general meeting on June 22, 2023. The meeting was chaired by Joana Kuras and was attended by 30 Foundation members and 7 guests. It was a treat to finally meet in person after 4 years.

The meeting began with a moment of silence to remember Labdara Foundation members and residents of Labdara Lithuanian Nursing Home who had passed away.

Zita Bersenas-Cers, President of the Labdara Foundation Board of Directors, provided an update on some of the activities of the Board in 2022:

- Labdara's mortgage was renewed for ten years and will be fully paid off at the end of that time.
- Robert Berg, the owner of Assured Care Consulting which managed Labdara Lithuanian Nursing Home since it opened, retired at the end of the year. Sincere thanks to Robert for a productive collaborative relationship.
- Universal Care under J. Galicia began managing the home in January of 2023.
- The Board is working with other cultural long-term care homes to address concerns about people being admitted to homes that are not of their choosing. We are stressing that all residents must be placed in a home that best meets their needs including language and culture, as failing to do so can have negative effects on their health.
- Labdara needs more volunteers to help our residents and we are looking at ways to recruit volunteers.
- Labdara Foundation is extremely grateful for the donations and bequests which it received from the community. The Hamilton Lithuanian Senior Citizen's Home, RAMBYNAS Inc. donated \$500,000 from the distribution of the funds from the sale of their home in Hamilton. Donations were also received from Parama Credit Union, the Lithuanian Canadian Foundation, Resurrection Credit Union, and Talka Credit Union. These donations will help to make necessary upgrades to our building which is now 21 years old and to provide a better home for our residents.

Other reports were presented by treasurer Audrone Butrimas, President and CEO of UniversalCare Joseph Gulizia, internal audit committee member Edis Stravinskas, financial auditor Matthew Chaplin, and acting administrator of Labdara Michael Bausch.

After some questions from the participants, the meeting was adjourned.

GENEROUS DONATION

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Zita Bersenas-Cers presented a certificate of appreciation to Audre Sakalas and Gedas Blekaitis representing the Board of the Hamilton Lithuanian Senior Citizens' Home RAMBYNAS Inc. for their \$500,000 donation to Labdara Foundation from the sale of the home in Hamilton. This generous donation will help ensure a better future for Labdara's residents and our home.



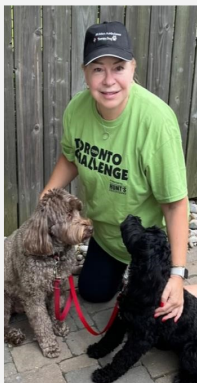
From L to R: Labdara Foundation President, Zita Bersenas-Cers, Hamilton's RAMBYNAS board representatives: Audre Sakalas and Gedas Blekaitis.

VOLUNTEERS MAKE A DIFFERENCE

The annual Toronto Challenge 2023 run/walk took place on Sunday, June 13th this year. The Toronto Challenge provides a fundraising opportunity to support the elderly and organizations working with seniors in the city.

Three individuals walked for our nursing home LABDARA: Daina Cers (daughter of the Labdara Foundation's Board of Directors president Zita Bersėnas-Cers), our pet therapist Joanne Vanderburgt and Ahmed Ali, husband to one of our second-floor residents.

The aim was to raise funds to upgrade our therapeutic Snoezelen room as well as the common areas on the 2nd and 3rd floors. Our goal was \$2,500 and we raised \$2,665. Sincere thanks to our walkers and donors who supported Labdara with their financial donations. You made a difference.



Joanne



Daina



Ahmed



OUR DELTA CHARITIES BINGO TEAM: is made up of Sandra Burke and the Batraks family: Birute, Daina and Andris. Labdara's liason with Delta Charities Bingo and the City is Arūnas Morkūnas. Charity Bingo has been of great assistance to Labdara over the years. Due to decreased funding from the Ministry, the funds raised through Bingo have enabled Labdara to obtain needed equipment and supplies and provide various activities for the residents that would otherwise have been funded from the nursing home budget. The City of Toronto performs an Eligibility Review every 2-3 years to confirm how the funds from bingo can be used. Over the years Labdara has used these funds for: music and art therapy; transportation for residents' day trips; electric beds, parts and motors; patient lifts and slings; therapeutic mattresses and pumps; skin tubes; leg and arm protectors; splints...

The work of our BINGO TEAM makes a real difference! Thank-you.

OUR NEW NURSE on LET's MAKE IT TIDY
(Ashley Keene, Infection control specialist)



Hi there - In keeping with Labdara's mission to provide the highest quality care that encompasses dignity, respect, and the rights of those in residence, I wanted to chat a little about how you can participate in being a part of preventing and controlling infections in our home.

What is infection prevention and control? It refers to the methods used to control and prevent the spread of disease. Infection prevention and control practices are a part of all our lives. They are so routine that you might not think it's anything special. Yes, I am talking about the cleaning and chores (susitvarkyk!) you do daily. So, washing your hands, cleaning your fruits, washing your dishes, changing your sheets, cleaning your floors, and doing your laundry are all routine activities that aren't simply making things tidy but are considered infection prevention and control practices.

Without these routine practices, we would have dirty dishes everywhere, garbage piled high and probably rodents living in our homes. These practices ensure the safety of ourselves, family and community. In Labdara this includes hand hygiene, environmental cleaning, washing linen, cleaning equipment, immunization, properly disposing of waste, and the list goes on.

80% of common infections are spread by hands. Washing your hands at least five times a day according to the BC Centre of Disease Control significantly decreases the frequency of colds, influenza (the "flu") and other infections. When visiting, it is important to wash or sanitize your hands. If you are sick or feeling unwell, please visit when you are feeling better.

You can visit Public Health Ontario's website and YouTube page for more information on hand hygiene. Thank you for your time, and I hope you have a phenomenal day.

Life at Labdara

OUR NEWEST CENTENNARIAN: Congratulations to Paul Dalinda, who, on June 29th of this year, celebrated 100 years of his life on this earth. Paul found it hard to believe that he has reached 100!!! Congratulations from all of us at Labdara, **Paul!**



VINTAGE VOICES from our music therapist Laura Gillis:

Vintage Voices features the voices of residents living in Long-Term Care in conversation with Laura the Music Therapist, sharing and responding to wonderful music. Episodes have been airing on CIUT 89.5FM radio, on our host program 33-45 -78, just before 1PM on select Mondays. The program is currently on summer break, but will be back in September.

In the meantime, there are so many great conversations and songs to check out. Want to hear "Spanish Eyes" by Englebert Humperdinck, "Volare" by Domenico Modugno, or learn about a Mother's Day song from Egypt? You can check out all the previous episodes on the YouTube channel by searching "Vintage Voices" channel. Enjoy!



LIFE AT LABDARA (continued)

MOTHERS' DAY CELEBRATION:



Professional pianist Renee from Neapolitan Connection performed a concert for our residents. The concert was sponsored by Turner Porter Funeral Directors. Everyone enjoyed the music and cakes and gifts.

ARCHBISHOP LIONGINAS VIRBALAS' VISIT: Archbishop Lionginas from Lithuania, who has taken over duties as spiritual leader of the Lithuanian diaspora from Monsignor Edmund Putrimas, visited Labdara in June and held a special Mass for our residents. We are honoured by his visit.



FATHERS' DAY CELEBRATIONS



We celebrated at Labdara on June 16th at Labdara took place on June 16th. Turner and Porter sponsored a concert for our residents that was performed by violinist Lucia from Neapolitan Connection. It was a wonderful way to celebrate our fathers and grandfathers.

OUR RESIDENTS' ARTS AND CRAFTS: we drew and painted rocks. What a wonderful assortment of colours and designs.



LIFE AT LABDARA (continued)

We are grateful to Douglas Peck and the Holy Angels singers who continually bring us joy with their performances.



Word Puzzle

1. Without feet and without hands I open gates. What am I?
2. I am long and thin and am completely hidden in the grass. What am I?
3. I am not born, I don't grow larger and I don't die, but I am. What am I?
4. Although I surround you and press upon you, I am invisible. What am I?
5. Everyone waits for me, but when I come – they run away from me. What am I?
6. A silver field but without tracks or trails. What am I?
7. I was and am considered holy, but I will never make it to heaven. What am I?
8. I don't feel heat in summer and don't feel cold in winter. What am I?
9. I enter being smart and leave being quite stupid. What am I?
10. I live without a body, I speak without a tongue, everyone can hear me, but no one can see me. What am I?

An Echo	10
A drunk person in a pub	9
A rock	8
A crucifix	7
A Lake	6
Rain	5
Air	4
A rock	3
Rain	2
The Wind	1





FOOD FOR THOUGHT

Deacon Dr. Kazys Ambrozaitis

HE WHO VALUES TRUTH, LISTENS TO MY VOICE



Jesus taught his disciples how they should live going forward and warned that they will, as followers of Jesus, face many trials in the future: many will be betrayed by their parents, brothers, relatives and friends... They will be hated because of Jesus. It seems that two thousand years later, not much has changed....

My dear brothers and sisters, as we grow older we face many worries and troubles. We worry not only for ourselves, but also for our children, for their families, for their health and for their social problems and difficulties.

I remember during one of our Bible Study session at Labdara, a resident asked the question – why do people become so angry and aggressive? I have often contemplated this question in search for an answer, but have failed to find one. Nonetheless I started thinking about what could help us when we feel angry and aggressive? Personally, I have found that when I am angry, feel aggressive and impatient, prayer helps me. Instead of immediately giving in to my anger with a quick angry retort, a quick silent “Hail Mary” helps me to take a moment to calm down. When I calm down, the anger tends to pass.

If we hear the voice of Jesus, we learn how to better deal with our daily woes: how to live in solidarity with one another, as if we are one family; how to spend time and communicate with people of good will and even those who are not so exemplary; how to pass peace onto one another and into the world.