



5 Resurrection Rd.,
Toronto, ON M9A

Labdara residents' news
is published quarterly.

LET'S CHAT

Christmas 2023

Trakai Castle, Lithuania



Merry Christmas

FROM THE LABDARA FOUNDATION



Dear Residents, Families, Staff, and Friends of Labdara
We extend our sincere wishes for a Christmas filled with warmth, love, and the comfort of cherished memories. May 2024 be filled with good health and happiness for you and your families!

Labdara Board Executive



MESSAGE FROM LAURA PUTERIS



Happy holidays to all the Residents, Staff, Families, Friends, Volunteers and community members!

During the holiday season we hope that everyone has time to spend with family and friends. I hope this season is filled with joy, laughter and quality time with special persons in our lives.

We are happy that the peak of the pandemic is over, but we want to remind everyone that during this time colds, viruses and flus spread easily. Please stay up to date on vaccinations, as per Public Health guidelines. Do not visit friends, family or Labdara if you are feeling unwell. Visit when you have recovered. Wash your hands frequently. When entering Labdara please wear a mask to decrease spread of infection and prevent outbreaks.

We are coming up to our one-year anniversary since we changed to our new Management company UniversalCare, Canada Inc. We work with UniversalCare to ensure we continue to meet resident care needs.

Thank-you to the Labdara Board of Directors for all their hard work, passion and volunteering of time and energy for Labdara. It is a joy to meet up for monthly meetings to discuss, problem solve and plan. A special thank-you for their hard work advocating for ethnic homes. Please read the Message from Zita Bersenas-Cers, President of the Labdara Foundation Board of Directors about the details on this instrumental advocating.

Thank-you to all of our dedicated staff who work diligently to provide excellent care for our residents. These past few years have been very difficult, with many changes, new regulations and continual ministry changes. Let's continue to work together with respect and patience.

Just a reminder that visiting hours are 10am-5pm Monday to Sunday. On Christmas and Boxing Day Visiting hours are 11am-4pm when a receptionist is on duty. Visits outside of this time interrupt the care that is being provided for our residents. Residents are our priority and center of everything we do.

Most importantly thank you to our residents who make everything possible. Without you there would be no Labdara. You bring such joy, laughter and purpose to our lives on a daily basis. We thank you for your participation in making the history of Lithuanian culture in Toronto a reality and in the planning of this home. We appreciate that you want to move into Labdara, and we will continue to make this a place where you can feel at home, surrounded by your culture, your food and promise to strive to make it a happy place.

Laura Puteris, Administrator

MESSAGE FROM ZITA BERSENAS-CERS, PRESIDENT OF THE LABDARA FOUNDATION BOARD OF DIRECTORS



As you may remember, in August of 2022, the government of Ontario passed Bill 7, More Beds, Better Care Act, 2022 with the intention of freeing up hospital beds by transferring eligible patients from hospitals to long-term care homes. It meant that hospital patients could be moved to long-term care homes not of their choosing. A patient's cultural or religious background was not considered in the transfer criteria.

As a result, many people were not placed in the nursing home that is best for them – a home where language, food, traditions, religion, celebrations, and music are familiar and comforting. The absence of familiar culture can have a negative impact on physical and mental health.

Cultural long-term care homes, such as Labdara, saw a decline in the number of residents from their own cultural group. There was also a decrease in the number of people from the community moving into long-term care homes when priority was given to hospital patients.

The fact that our precious elderly are not being placed where they would be most likely to thrive is very concerning for Labdara's administration and our Board of Directors. In the spring, Labdara's Administrator Laura Puteris and I organized a meeting with representatives of different cultural long-term care homes. Dr. Adil Shamji, the Ontario Liberal Caucus Critic for Health, attended the meeting and offered his support for our concerns. In November, I had the opportunity to meet at Queen's Park with Mr. John Jordan, MPP, the Parliamentary Assistant to the Minister of Long-Term Care. Representatives of cultural homes also met with Lisa Levin, the Executive Director of AdvantAge Ontario, the organization which represents not-for-profit long-term care homes. Most recently, our group brought our concerns to a meeting at the Minister's office on November 27th with Hon. Stan Cho, Ontario's Minister of Long-Term Care. Minister Cho clearly understands that everyone should be placed in the long-term care home that most closely meets their needs. He assured us that he will work to make the changes needed to ensure this happens.

MEETINGS WITH PROVINCIAL GOVERNMENT REPRESENTATIVES



Labdara Foundation President Zita Bersenas-Cers with Ontario's Minister of Long-Term Care, the Hon. Stan Cho during a meeting on Nov. 27th at the Ministry in Toronto.



Representatives from the Polish, Italian, Estonian, Ukrainian, Slovenian, Greek, Latvian, Lithuanian, Finnish and Jewish long-term care homes meet with Ontario's Minister of Long-Term Care, the Hon. Stan Cho and staff of AdvanAge Ontario on Nov. 27th at the Ministry in Toronto.

COME JOIN OUR TEAM



Families, Friends and Community Members,

We are always looking for good people to join our team! We have some positions that are always open, so if you know anyone with a good work ethic and cheerful personality please let them know about these positions:

Personal Support Workers (PSW) provide direct care to residents. Training and diploma are required. If you know someone who is interested, there is currently financial assistance from the government to assist in training for these positions. We are currently hiring only part-time/casual. Submit resumes to Beata Malizia <directorofcare@labdara.ca>

Receptionist answers calls, gives tours and is the front desk greeter in the home. We are always looking for short or long-term receptionists. This is a great opportunity for students to work weekends or during the summer, as well as for those looking for a part-time/casual position. Ideally we would like a Lithuanian speaking person but that is not a requirement. We are currently looking for part-time/casual staff. Submit resumes to Laura Puteris <execdirector@labdara.ca>

Dietary aid staff are the hidden gems at Labdara. They assist in prepping foods, serving and cleaning. A safe food and handling certificate is required. This can be obtained after hiring. Experience in this field is always an asset. Please let us know if there is anyone interested in dietary aid positions. We are currently hiring part-time/casual staff. Submit resumes to Tamara Szczepanska <dietary@labdara.ca>

Cooks prepare the amazing home-made meals everyone raves about at Labdara. Want to help in sustaining the residents with home cooked Eastern European food? Experience is needed. Looking for part-time/casual cooks. Submit resumes to Tamara Szczepanska dietary@labdara.ca

Recreational Aids run programs, provide entertainment, have constant contact with residents planning festivities, decorating, baking, running social hours. If you are interested in having fun with residents as a job, this is for you! If you know anyone who you think would be good in this position please let us know. We can discuss requirements for this job. Currently looking for part-time/casual staff. Submit resume to Laura Puteris execdirector@labdara.ca

Laura Puteris, Administrator

OUR NEWEST CENTENNARIAN



CONGRATULATIONS to our resident ANTONIETTA who celebrated her 100th birthday on Nov. 13th surrounded by her family and Birthday co-celebrants: daughter-in-law Val and son-in-law Ed Kurak. Antonietta is in the top photo together with her son Frank and daughter Rose Kurak. The blanket was a gift and contains imprints of photos spanning her life. The cake reminded everyone of the lemon meringue pies that Antonietta made over the years for her family and friends.



FROM OUR NURSE ASHLEY: THE FLU AND RESPIRATORY VIRUSES



It is the season when Respiratory Viruses spread the most. It is Flu Season! In the community and homes around us, we are seeing an increase in respiratory viruses and COVID-19 cases.

Respiratory viruses spread most during close contact through an infected person's respiratory particles which are generated when a person breathes, coughs, sneezes or talks. Respiratory particles can also land on surfaces (e.g., furniture, surfaces). They can then contaminate your hands and transfer viruses to your eyes, nose and mouth. Using multiple layers of prevention is the best protection.

Here are some tips, on how to do this to protect yourself and others:

1. Get vaccinated.
2. Stay home when sick.
3. Spend time outdoors or in well-ventilated indoor spaces.
4. Practice respiratory etiquette and keep things clean:
 - ⇒ Wash your hands frequently.
 - ⇒ Cover your coughs and sneezes.
 - ⇒ Wear a mask when ill with a respiratory infection.
 - ⇒ Clean high touch surfaces regularly.

When visiting Labdara wearing a mask is strongly recommended. Remember to practice good hand hygiene.

This information was gathered from the Public Health Ontario website. Visit for more information.

LIFE AT LABDARA

LABDARA'S VOLUNTEER CHOIR



perform his favourite song at former resident Antanas Ulba's Celebration of Life at Resurrection Parish in October.

A HAPPY BIRTHDAY celebration at Labdara. Our resident Aldona Kilinskas celebrated her 87th birthday on September 15th at Labdara together with her daughter Debbie (on the left with glasses), her grandchildren and great grandchildren. What a special happy feeling for Aldona to be surrounded by her loved ones

REMEMBRANCE DAY

poppies were made by our residents. Prayers and thoughts went out to veterans and those who gave their lives so that we may live in a better



LADIES CLUB: Tuesdays from 6-7PM is a special time at Labdara. It's the weekly get-together of the Ladies Club for our residents – a time to socialize, catch up, play games. A pleasant way to spend the evening.



LIFE AT LABDARA (CONTINUED)



ART MADE WITH LOVE by our residents. Art therapy is part of our activation program enjoyed by many.



LIFE AT LABDARA (CONTINUED)

The VINTAGE VOICES PROJECT features our residents on the radio on CIUT 89.5FM.

The new episodes of Vintage Voices have aired on the radio, thanks to CIUT 89.5FM and Steve Fruitman's 33-45-78!



Roma is one of the residents from Labdara who engaged in recording a conversation with Laura the Music Therapist. Roma shared about her life, saying "I've had a very full life. I was born in Lithuania... and one war after another... I learned to live that way. It was not easy because everybody was running, you were always in everybody's way..."

Roma also shares about deciding to come to Canada after the war, and about music in her life. She shares "I liked music when I was in my country and I took many piano lessons... my father's best friend would say "come on, Roma, sit down, let's play piano" and he and I would play

"Chopsticks!"... we were good entertainers!"

Roma shares the beautiful song "Granada" as sung by Mario Lanza, a favourite singer, and states "Now I am very old, but I never lost my love for music."



LIFE AT LABDARA (CONTINUED)

HIGH PARK BECKONS.



Our outing to High Park on a bright and sunny early fall day was enjoyed by all. It is so nice to see the trees and colourful flowers while enjoying a delicious drink outdoors.



ANNUAL CRAFT AND BAKE SALE RETURNS



Following a break of several years (due to COVID), Labdara's Annual Craft and Bake Sale 2023 returned and was a resounding success. It was held at Resurrection Parish on Sunday Nov. 12th from 10AM until 1:30PM. Funds raised will support activation programs for our residents inside the home as well as provide for their outings into the community.



Sincere thanks to Parish Pastor Rev. Jonas Šileika, the parish priests and staff for hosting this event in the Parish. Seven craft artisans participated with their creations, jewellery, works of art, food specialties and tortes. The community donated over 30 cakes and baked goods which alone raised \$1,900 for Labdara. The winner of the Toronto Raptors Raffle is Sylvia Cers. She won two tickets to a Toronto Raptors game.

Thanks to you, the Craft and Bake Sale was a success!!!



Nerijus Augutis, Activation staff





WORD PUZZLE



1. I can hold me without hands, but not for long. What am I?
2. I have a hundred eyes, but cannot see. What am I?
3. I am invisible and don't weigh anything, but when I am placed inside of a barrel, I make it lighter. What am I?
4. I can travel around the entire world while staying put in my corner. What am I?
5. I am not alive, but I grow. I don't have lungs, but I need air. I can drown in water. What am I?
6. If you have me, you want to share me. If you share me, I cease to exist. What am I?
7. What belongs to you but is most often used by others?
8. What keeps increasing but never decreases?
9. The more of me there is, the less you see. What am I?

Darkness	9
Your age	8
Your name	7
A secret	6
A flame	5
A postage stamp	4
A hole	3
A potato	2
My breath	1



FOOD FOR THOUGHT

(DEACON DR. KAZIMIERAS AMBROZAITIS)

ABOUT ADVENT... what does Advent mean? What does it do for us?

The most significant event that has impacted human history is the coming of God's Son to this earth.

Advent is a time during which we are invited to meditate upon the mystery of salvation and the hope that the joys, disappointments and sorrows that we experience upon this earth today are only temporary.

Advent invites us to pause and think about the purpose and meaning of our life. Remember, we are on a journey heading towards the eternal home of our heavenly Father. And the door to this home has been opened to us by His Son Jesus Christ.

**„God shows us the way
and teaches us the paths that we should take. “**

For every Christian believer, his/her life becomes an ongoing „Advent“ – a journey towards God – towards the „Words of Light“ that His Son Jesus Christ revealed to the world.

**HAPPY NEW YEAR
2024**

