What a remarkable year Deer Lodge Centre had in 2016. Celebrating the Centre's one hundredth anniversary reminded us of the important role Deer Lodge has played in the community and in the province throughout the decades. We will continue to deliver quality care with dignity and respect for all our clients in 2017 and beyond. Thank you for sharing your stories and celebrating with us.
Employee of the Month

Congratulations to these Employees/Teams of the Month, who were nominated by their co-workers!

If you know a DLC Employee or Team that does outstanding work, nominate them for Team or Employee of the Month!
Contact Tannis at 831-2963 for a nomination form.

Employee of the Month Nominations

Deer Lodge Centre acknowledges the following employees, who were nominated by their colleagues between August 2015 and September 2016. Thank you for all that you do!

- Amandeep Toor (Scheduling)
- Erin Blake (Dietitian)
- Arlis Decorte (RPN)
- Michelle Snare (Dietary)
- Sarah Coutts (Social Work)
- Shelley Jamieson (Dispatch)
- Holly Hiebert (Dietary)
- Ken Richards (Lodge 3)
- Kelly Gross (Dispatch)
- Sharmini Arjoon (Respiratory)
- Tom Wall (Recreation)
- Daryl Dyck (Clinical Nurse Specialist)
- Debbie Benger (Manager Tower 4)
- Lewie Gwylt (Facility Management)
- Lori-Ann Mundt (Administration)
- Anneli Epp (Spiritual Care, retired)
- PRIME Health Care Aide Team
- Viola Dueck (Lodge 5)
- Victor LeBlanc (Facility Management)
- Darrel Anderson (FacilityManagement)
- Merilee McGill (Special Care Units)
- Recreation Facilitators Team
- Irene Mendoza (Health Care Aide)
- Luna Tubongbanua (Nursing)
- Ashleigh Adam & Burma Wozny (T3 Recreation)
- 3 East Nursing Team
- Pharmacy Department
- Carolyn Tata (Nursing)
- Antonio Madlangsakay (Housekeeping)
- Ronald Santos (Special Care Units)
- Lindsay Bacala (Social Work)
- T3 Special Care Unit Evening Staff
Happy New Year! As we close out 2016 and as 2017 begins, it seems like a great time to reflect on Deer Lodge Centre's 100th year of service.

Throughout the past year, we celebrated our rich history of caring and innovating and created lasting memories in the process. In April, we launched our centenary celebration with scones and coffee and some lively African drumming on Main Street. A photographic timeline of the Centre's history was also unveiled that day featuring photos from the archives that date back to when Deer Lodge was a hotel. In June, we welcomed Her Royal Highness Sophie, the Countess of Wessex and Manitoba Premier Brian Pallister, who took time to tour the grounds and first floor and also visit with hundreds of residents and staff who turned out for the event. A week later on June 29th we officially marked the 100th anniversary with a ceremony on the front lawn. The weather was perfect as dignitaries and guests took the stage to congratulate the Centre on our 100 year milestone. The Honourable Janice Filmon, Lieutenant-Governor of Manitoba concluded the celebration with a cornerstone unveiling. Our first Family Fun Day in August was a huge hit with employees, residents and our community neighbours. In November, Mayor Brian Bowman attended our annual Remembrance Day service bringing greetings from the City of Winnipeg.

This year we celebrated the 950 staff members and over 300 volunteers, who donated over 23,000 hours of their time. We celebrated the hard work, commitment, and pride that they have given to this organization and to the residents that live here at Deer Lodge. I applaud you and want you to know we are proud and deeply appreciative of the service that you have provided. On behalf of the WRHA and Deer Lodge Centre, we express our sincerest thanks and appreciation for your valued contributions. Well done!

2016 was a defining year of celebration, strengthened partnerships, change and transition. The 100th anniversary events showed how hard we have worked to affirm our role and redefine our approach to quality care. It’s the DLC people – patients, residents, clients, staff and volunteers that make all the difference. You walk into Deer Lodge Centre and you feel a sense of warmth, a sense of community and a sense of Home.

Deer Lodge Centre has been in the process of a dynamic transformation and our leadership team has been evolving to guide it. It is a true source of pride to work alongside a talented, committed management team and a group of “get it done” leaders. With this combination of experience and sense of energy, I know Deer Lodge Centre is well poised for the future – a vision of a Centre of Excellence for geriatrics and the care of Veterans and military personnel.

From my home to yours, I wish you and your loved ones a wonderful holiday season and look forward to working with you in 2017.

Gina Trinidad
Chief Operating Officer
Long Term Care and Deer Lodge Centre, WRHA
Family Fun Day in August was a Blast!

Deer Lodge hosted a Family Fun Day in August as part of our centenary celebrations. The event saw residents, staff, their families, volunteers and lots of neighbourhood folks come out for food, laughs and entertainment. There was a steady flow of people all day as kids played in the bouncers, got their faces painted and balloon animals twisted. The adults enjoyed displays by the Manitoba Living History Society, Winnipeg Rifles, Classic Car Association and music by Folklorama performers. The wheelchair basketball court was busy all day with the pros teaching people young and old how to dribble down the court in a wheelchair. And Buzz, Boomer and Mick E. Moose caused a stir as they wandered around the grounds. Thank you to all the volunteers and the planning committee and of course to everybody that came out to celebrate! Plans are in motion to do it again next summer.

Prepping the day before. Tom and Lori-Ann hanging pennants.

Historical Society of Manitoba came in period costumes in the spirit of our 100th anniversary.

Good people from Folklorama provided good music for the day.

Manitoba Wheelchair Sports Association gave us an awesome demonstration and people could try wheelchair basketball! It’s not as easy as they made it look.

What’s a Fun Day without the mascots?

Learning about life in “those days”.
Taking Flight Again

Deer Lodge resident and RCAF veteran Mr. Charles Yule got an opportunity to take to the skies again this past November. Our friends at 17 Wing Winnipeg made arrangements for Mr. Yule and his companion Kevin to go for a ride in a CC-130 Hercules. When Mr. Yule served Canada in the Second World War, he was part of a crew that flew in a four-engine Halifax Bomber. Needless to say the flight he took in November was a lot more leisurely.

“It was a beautiful day,” said Mr. Yule of the conditions that day. “It felt good to be up there with such a great view of everything.”

Bird’s-eye view inside the “Herc”

Resident Charles Yule (seated) with 435 Squadron crew members and companion Kevin Smith (back row, right). Photo: Sgt. Daren Kraus

Kevin, Mr. Yule’s “co-pilot” for the flight gave this account of the morning:

The crew from the 435th Squadron was so nice and treated us like first class people. Everyone really went above and beyond for this and myself and Charlie would like to thank all involved to make this happen. We arrived at about 9:30 am and the Flight Crew and Captain Lindsay Holmes (17 Wing Commander Executive Assistant) were there to greet us. Everyone shook Charlie's hand and thanked him for his service. They then escorted us out to the Herc waiting on the tarmac. We got Charlie seated at the rear of the aircraft and he had a huge window to look out. I got to go up front in the cockpit with the rest of the flight crew for the flight. They took us out north of Winnipeg along the shore of Lake Winnipeg to Gimli, Hecla, across the Lake to Grand Beach and then to Pine Falls so Charlie could see his hometown from the air. They flew at around 1000 feet for most of the trip so we could take in all the scenery. The whole flight lasted about 1.5 hours and it is something we both will never forget!

Thanks to the Voxair staff and Capt. Lindsay Holmes of 17 Wing for assistance with this story.
Rememberance Day 2016

With each passing year our Rememberance Day service on November 11th seems to grow and grow. It was standing room only again in 2016 as we gathered to remember the soldiers who died serving our country as well as to honour our veterans in Deer Lodge and elsewhere, who sacrificed so much to protect our freedoms. Among the attendees were 17 Wing Commander Colonel Andy Cook and Chief Warrant Officer Mike Robertson, Canadian Forces veteran and MLA for St. Norbert Jon Reyes, His Worship Mayor Brian Bowman, and city councillor for St. James Scott Gillingham, who is the council liaison for Veteran and Military Affairs.

A special thank you to our residents/family who participated in the program. Veterans Alfred Walters, Jack Blowers, Frank Richard, John Johnson, and Mrs. Muriel Hastings.

Uniforms on loan from Minto Armory and a quilt made by Susan Cote from Diagnostic Imaging.

Mayor Bowman brings greetings.
Naval Reserve Veteran Receives Award

Congratulations to Mr. George Atwell! On November 11th, 2016 the Deer Lodge Centre resident and Royal Canadian Naval Reserve Veteran, was presented with a Long Service Award by the Naval Association of Canada. The Long Service Award recognizes worthy individuals, who have provided strong support to a branch over a prolonged period of time. In addition to being a Naval Reservist from 1950-1974, Mr. Atwell had been a high school and junior high school teacher, and following that, a commercial beekeeper selling his honey to the local honey producers’ co-op. He retired from the Naval Reserve with the rank of Lt. Commander.

Mr. Atwell (centre) with his daughter and comrades.

Visit our 100th anniversary Facebook page

There are loads of photos from the DLC archive and some neat stories and recollections from people who have a connection with the Centre.

Go to: www.facebook.com/DeerLodgeCentre100

Want to VOLUNTEER at Deer Lodge Centre?
Do you know somebody who may want to?

Positions available include:
- Daytime Recreation
- Gift Shop
- Chad’s Place
- Spiritual Care
- and More!

Must be aged 13 or older and able to make a 3 or 6 month commitment at 1 shift per week.

Contact Joy
ph: 204-831-2912
e-mail: jtanchuk@deerlodge.mb.ca
or visit the Volunteer Services office.
special delivery for pizza lover

As we get older, it's common for people to modify their diet. Doctors tell us we need to cut back on salt, sugar, or fatty foods. Reluctantly we stop indulging in our favourite snacks or we skip dessert after meals. It's the way it goes if we want to live as healthy as we can into our golden years. But try telling a pizza lover that they're no longer able to enjoy a ham and pineapple or a thin crust pepperoni and mushroom, and that's really taking it too far!

When it comes to food and meal planning, our residents and patients here at Deer Lodge are well looked after. Registered dietitians look at all aspects of each resident's nutrition needs. Since food can have very personal meaning, the dietitians take favourite foods into consideration.

Mr. Jim Klemas moved to Deer Lodge recently from Selkirk. A big pizza aficionado, Jim is on a purée diet, which made his pizza eating days a thing of the past. Where he resided in Selkirk, they had a "Gourmet Club", where once a month the dietitian would take requests for special meals. Dima the dietitian came up with a puréed pizza recipe, which Jim thought was quite delicious. After transferring to Deer Lodge however, he lost his special pizza connection. That is until his sister Bonnie came up with an idea. She knew just how much Jim missed eating pizza. He particularly loves Boston Pizza, so she contacted the manager of the Boston Pizza on Portage Avenue. Denis, the manager, listened to Bonnie as she explained the situation and told her to send him Dima's recipe and he would give it a shot. Well, to Bonnie's delight, Denis and his staff were able to create a Boston Pizza version of the puréed pizza. When she picked it up it was in a Boston Pizza box with special warmers inside keeping the pizza hot.

When she delivered it to Jim on his unit, his eyes lit up and he was over the moon. Right away he was asking "when is my next delivery?"
"I'm very happy that my brother has pizza back in his life," says Bonnie.
Undoubtedly Jim feels the same way.
PRIME and the Social Work department participated in “The Shoebox Project” at Christmas time. Last year, Manitobans collected 2,079 shoeboxes and distributed them to 45 organizations in 11 different communities in our province. The shoe boxes were filled with items like socks, mitts, hats, cough drops, hand lotion, toothbrushes, lip balm, bus tickets, gift cards, pens, journals and even supportive messages for the people that receive them. PRIME and Social Work along with members of Human Resources, Tower 6 and the Pulmonary Rehab Program collected 20 shoeboxes for the cause. Way to go!

17 Wing Gift Delivery

The 17 Wing’s annual Adopt-A-Vet Program arrived at DLC on December 14th bringing gifts for our 104 veterans. The program was started 18 years ago by retired CAF member George Stetina. He was in attendance and explained one of the reasons for the annual program is to let the veterans know that we are thankful for their service and for our freedom.

The Frayed Edges quilting group returned again this past Christmas to deliver more beautiful handmade quilts to some of our residents. They are warm and wonderful gifts from a warm and talented group of women.

The gathering was attended by about thirty five residents, about 20 personnel from 17 Wing, and DLC staff, who served refreshments. Musical entertainment by Leo Gosselin provided a festive backdrop for the visiting and camaraderie. Thank you 17 Wing!
Multi Sensory Environment Room Grand Re-Opening

On January 19th, the Multi Sensory Environment Room (aka Snoezelen Room) on Lodge 5 was re-opened with a ribbon cutting event. The event celebrated upgrades to the room, which include new paint, new lights, a TV and DVD player, water panel, aroma therapy, touch therapy and a mobile sensory cart that can be taken to a resident if they’re not able to come to the room. The Deer Lodge Centre Auxiliary generously contributed $7000 towards the upgrades.

Multi Sensory Environments offer people with cognitive impairments and other challenging conditions the opportunity to enjoy and control a variety of sensory experiences. Time spent in a Multi Sensory Environment has been shown to increase concentration, focus attention, improve alertness, awaken memories, and to improve mobilization, creativity, social relations and communication.

The Recreation department typically uses the room the most however it is available to all disciplines for use with residents and patients.

Staff and volunteers checking out the upgrades in the Multi Sensory Environment Room on Lodge 5.

President of Deer Lodge Centre Auxiliary, Sheryl Workman, cuts the ribbon at the re-opening ceremony.

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CJNU Radio LIVE on Main St.

CJNU is back again broadcasting live from Main Street in DLC! For all of February, tune in to 93.7 FM to hear your favourite music from decades gone by. And feel free to visit the broadcast booth to make a request or just say ‘Hello’ to their friendly deejays.
End of Life Visiting Program is Looking for Volunteers

Deer Lodge Centre offers companionship for residents at end of life through the End of Life Visiting Program. Compassionate Companions sit by the bedside of a dying resident who would otherwise be alone. The volunteer offers a compassionate presence to the resident and provides peace of mind to families who cannot be with their loved one. A training session for Compassionate Companions was held over two nights last October, led by our Spiritual Health Specialists Jonathan Jandavs-Hedlin and Leah Beuckert.

For info about volunteering with the End of Life Visiting Program, contact Volunteer Services at 204-831-2541.

Autumn Lunch at the Legion for Residents

In the fall, a big group of residents, many of them veterans, went to the St. James Legion for lunch, singing and camaraderie. Some of our Recreation staff helped to coordinate the event and accompanied the residents. A good feast and a good time was had!
Retirements and Farewells

Volunteer Alma Dahl has been a steady presence at Deer Lodge for over 25 years. In December she “retired” again. Thank you for your service Alma!

Happy retirement to Roberta Hay from Housekeeping!

Happy retirement to Marissa Ong from Housekeeping!

Happy retirement to Dennis St. Laurent, manager of patient care on Lodge 2 for 12 years.

Happy retirement and all the best to both Norma Fonger from the OESH office and Debbie McMillan from Human Resources.

Volunteer Alma Dahl has been a steady presence at Deer Lodge for over 25 years. In December she “retired” again. Thank you for your service Alma!

Happy retirement to Susan Cote from Diagnostic Imaging after 15 years at DLC.

Leah Beuckert from Spiritual Care worked her last day in January. Many came to wish her well.
Smile, Eat, and Stay Healthy!

Deer Lodge Centre Dental Clinic

The University of Manitoba, College of Dentistry provides dental care for residents and staff at Deer Lodge Centre. All community members are welcome too! The dental care services include:

- Dental check-ups
- Dental hygiene preventive care
- Fillings & extractions
- Full and partial denture treatment

Call today or visit the clinic on the 2nd floor to book an appointment for yourself or a loved one!

Phone: 204-831-2157

Let us be your gentle dental partners...for you, your family, and those you care for!
We Exceeded Our $50,000 United Way Goal!

The 2016 Deer Lodge and Deer Lodge Foundation United Way campaign last fall was one to remember. The theme was Step Right Up to the Carnival. For two weeks, Main Street was cracking with games, concessions, raffle baskets and a photo booth. The Plinko game was a massive hit with residents, staff and visitors alike. The planning committee really stepped it up on this campaign and they couldn't have done it without the energy and dedication of the people who volunteered to run the games and sell tickets for the silent auction.

Our fundraising goal was $50,000 and we raised that much and more thanks to the giving spirit of our employees! Thank you! We also picked up a Canvasser Team Award!
AND THE WINNER IS...

Deer Lodge Centre Patients and Residents

A NIGHT AT THE

OSCARS

◊ TRIVIA NIGHT ◊

A fundraiser in support of Deer Lodge Centre

Saturday, Feb. 25, 2017 @ 7 PM
St. James Legion
1755 Portage Avenue

Tickets $10 - Call 204-831-2113 or email: cbrown@deerlodgefoundation.ca

Since May of 2016, the Deer Lodge Centre Foundation has been collaborating with the CTV Morning Live news program to produce monthly features about the care and services that Deer Lodge Centre delivers. The next segment will air on Wednesday, February 15th at around 7:40 A.M.

You can watch all of the Deer Lodge features from the past several months by visiting the CTV News Manitoba website. Type “Deer Lodge” in the search field to find the video clips.

Watch for three more features in March, April and May.

Resident Hilda Nickel on CTV in December.
Cherry Blossom Program Enhances Dignity

Deer Lodge Centre has initiated the “Cherry Blossom” program. Previously launched in other facilities in the WRHA, the program is designed to enhance the dignity and respect for individuals and their families at the end of life. The symbol of a cherry blossom is displayed outside a client’s room or on the privacy curtain of a client in a shared room. This indicates that death is imminent and is a reminder to staff, visitors and other clients (residents and patients) to respect the client and their space by refraining from making loud noise and conversation nearby.

In Japanese culture the cherry blossom, or “sakura” flower, serves as a reminder of mortality and humanity; knowing that the life of a human being can end any time just like the flower’s. The cherry blossom represents this human condition, reminding us that life is short and that we should live it well.

Example of a Cherry Blossom sign you may see on units →

The SAKURA Suite

Deer Lodge Centre offers a tranquil end-of-life environment called the Sakura Suite. The suite is intended to provide more privacy and dignity for clients who reside in multi-bedded rooms and are at end-of life.

The Sakura Suite is on the second floor of the Lodge building. This bright space has a bedroom and washroom, a kitchen, dining table and chairs, and a seating area for relaxing. The space is ample for accommodating family and loved ones.

The decision for a client nearing end-of-life to access the Sakura Suite is entirely up to the client, their family and/or caregivers. Deer Lodge Centre will facilitate the transfer to the room and provide staff to care for the client for the duration of stay.

For more information please contact your patient/resident care manager.
DLC Welcomes New Chief Medical Officer

Deer Lodge Centre welcomed Dr. Nancy Dixon as Chief Medical Officer (CMO) in January. She is taking over for Dr. David Strang who served as our CMO for the past 15 years.

Dr. Dixon is not new to DLC and has been the Attending Physician on Lodge 2 East Geriatric Rehabilitation Unit. She is also a consulting geriatrician for our Day Hospital and GPAT clinicians.

Dr. Strang will continue to practice medicine at DLC and continue his role as Medical Director for Rehab & Geriatrics for the WRHA. Thank you Dr. Strang for your leadership and commitment and welcome aboard Dr. Dixon!

Patient Safety Week

WRHA patient safety consultant Leslie Pitchford visited Deer Lodge during Quality and Patient Safety Week last October. Continuing with the focus on effective communication, “Improving Communication Between Long Term Care and Acute Care” was the theme for a number of interactive sessions delivered at eight different personal care homes. Leslie visited most of the units here with her cart full of resources and treats, engaging with staff and residents.

New Librarian at the Crane Library

Welcome to Lydia Thorne, who joined the library staff in November. As the Long Term Care Outreach Librarian, Lydia offers research help, literature searches, and library orientation sessions to staff at Deer Lodge, Riverview Health Centre, WRHA Long Term Care Program and the Personal Care Homes of Manitoba. She is a member of the Canadian Health Libraries Association and is an avid fitness guru and wannabe cook. She is on site at the Crane Library on Monday, Wednesday, and Friday (8:30 a.m. - 4:30 p.m.) to provide in-person information services. Contact her at 831-2943 or Lydia.Thorne@umanitoba.ca
Peer Coach Program for Deer Lodge Employees

The DLC Peer Coach Program was launched a little over a year ago.

A Peer Coach is a volunteer co-worker who can assist fellow employees with identifying appropriate ways of responding to concerns or problems in the workplace. Peer Coaches have training in conflict resolution and may be able to help the complainant prepare for a difficult conversation or advise an appropriate course of action.

Your Peer Coaches are:
   Jackie Moskal, Housekeeping
   Lisa Lloyd-Scott, Social Work and PRIME
   Romulo Torres, Laundry Services

They can be contacted by email at peercoaches@deerlodge.mb.ca and by phone at ext. 2566

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DLC Staff Fitness Centre is Looking for Members!

Make fitness, health and wellness a priority. **Have you considered becoming a member of the DLC fitness centre?** If you’d like a tour of the gym on the 8th floor Lodge Building, contact the Wellness Committee.

Email us at: dlcwellness@deerlodge.mb.ca
Phone: 204-831-2136

A committee member will return your call within 3 days to schedule a gym tour with you.

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Human Resources and Scheduling Office has Moved

The Human Resources/Scheduling Office has moved to the 2nd Floor of the Administration Building. They are located where the LTC Access Centre used to be. The HR Bulletin, which contains job postings and other HR information has also been moved to this location. As well, the Pickup Board and the Daily Assignment Sheet can be found at the new space for the Scheduling Office.

If you need to contact the Scheduling Office, please email DLCStaffingOffice@deerlodge.mb.ca
The phone numbers for all Human Resources and Scheduling staff remain the same.

Palliative Manitoba has moved from their offices in the North Pavilion to the former HR/Scheduling space on Main Street near the cafeteria.
Respectful Use of Mobile Devices

The majority of people these days carry a mobile phone. In many cases people have smart phones, which are essentially mini super computers and cameras and televisions rolled into one! While it’s great to feel connected through our devices, we always have to be mindful to stay connected to our work during the course of the day. No matter what our role is in a health-care facility, we all need to be as focused as possible on our daily tasks. A smart phone or the Internet can be very distracting and can impact the quality of our work in a negative way.

Following are some sections from the **WRHA Computer / Internet Usage policy (70.20.010)**. The full policy can be found in the Regional Policies section under the Corporate Services tab of the WRHA Insite website [http://home.wrha.mb.ca/corp/index.php](http://home.wrha.mb.ca/corp/index.php)

These pertain mostly to Personal Electronic Devices (PEDs), which include laptops, cellular phones, pagers, PDAs, iPods, iPads, Blackberries and other similar devices.

• Personally owned PEDs should not be used during work hours. Should this be required in an unusual circumstance, the use should be of a limited nature and with the consent of your manager. (Sec. 3.4.5)

• Personal use of the Internet is not appropriate during Scheduled Hours of Work other than in the unusual and unlimited circumstance where it cannot be reasonably avoided. The personal use of the Internet should be of a limited nature. (Sec. 3.2.1)

• Users may access the Internet for personal use outside of Scheduled Hours of Work provided that this and all other Employer policies are adhered to. (Sec. 3.2.3)

• Personal use of E-mail is not appropriate during Scheduled Hours of Work. Should this be required in an unusual circumstance, the use should be of a limited nature. (Sec. 3.3.1)

• Users need to be aware that Manitoba eHealth routinely monitors Internet access and that Management reserves the right to monitor and examine Internet usage in order to ensure compliance with this policy. (Sec. 3.2.11)
Starting on March 1st the Courtyard Café will serve breakfast on the 1st and 3rd Wednesday of the month.

José’s (World Famous) Soup will be served on the 2nd and 4th Wednesday of every month.

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**BREAFKFAST IS BACK!**

Served btwn 8–9 A.M.

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YOGA FOR CLARITY AND BALANCE

WINTER SESSION 2017

11 Tuesdays

January 10th - March 21st

4:30 pm to 5:30 pm

No class February 21st

Location: Worship Centre 2nd Floor DLC

Registration Fee: $110.00

(Payable in cash or cheque at the beginning of the session).

Drop-In rate: $11.50 per class.

Instructor: Geri McGrath

Certified professional Level Kripalu Yoga Teacher

Certified Life-Force Yoga Level II practitioner and Yoga of the Heart therapist

CONTACT: gerimcgrath@mymts.net

204-781-6829

Please bring a yoga mat, tie, cushion and/or blocks if you have them.