

# Fred Douglas Society Inc.

## Newsletter - January 2025

### Upcoming Events



The Recreation department activities in January include celebrating Ukrainian Christmas, Chinese New Year. Throughout the month, a variety of themed activities, special meals and crafts will keep everyone engaged and entertained!



As we bid farewell to the past year and welcome the new one, it's a perfect time to reflect on all the experiences that have shaped us and to look forward with hope and optimism. May this new year bring you joy, success, and the strength to overcome any challenges that come your way. Let's embrace new opportunities and cherish the moments to come. Here's to fresh beginnings and the exciting adventures that lie ahead.

**Wishing everyone a happy and prosperous new year!**



**'If you don't use it,  
you lose it'**

Care home staff get creative to keep residents physically and mentally stimulated

A grey area: The challenges of long-term care in Manitoba

By: Maggie Macintosh

Posted: 6:00 AM CST Monday, Dec. 30, 2024



We are proud of the article published on Monday December 20th that featured Fred Douglas Lodge in the Winnipeg Free Press. The article highlighted the importance of recreation in personal care homes, as it plays a significant role in enhancing the well-being and quality of life for residents.

Please visit this link to read the full article

<https://www.winnipegfreepress.com/breakingnews/2024/12/30/if-you-dont-use-it-you-lose-it>

# New EMPLOYEE

## Carol Ikwecheghe



A warm welcome to Carol Ikwecheghe, a new member of the our administration team at Fred Douglas Chateau!

Carol is Nigerian with a bachelor's degree and a rich background in administrative roles, both in Nigeria and Canada. A natural people person, she excels at fostering connections and creating positive environments wherever she works. Carol moved from Nigeria two years ago and is married.

We are happy to have her on board, Please welcome Carol!

# Employee HIGHLIGHT

Cecilia Macalinao is from Fred Douglas Lodge's Recreation Department and takes care of our Adult Day Program. Cecilia started as a volunteer.

Her favourite part of working with seniors is communicating with them and learning from their experiences. Cecilia expresses how her heart is with our seniors because she did not get to spend a lot of time with her mom and grandmother. She provides our seniors with tender, love, and care. Cecilia is a genuinely loving person.

She has been working at Fred Douglas Lodge for 10 years, helping our seniors with physical, mental, emotional, needs. Her dedication and compassion shines through in everything she does, making her an invaluable part of our team and a cherished presence in the lives of our seniors





# End of Life Care at Fred Douglas Lodge



At Fred Douglas Lodge, we understand the importance of whole person care and honouring the lives of those who call it home. This is our goal from admission to discharge. In 2024, we made some changes to our End-of-Life processes to ensure each resident, and their family were treated with the dignity they deserve throughout the dying process. Once End of Life protocols are initiated, signage is placed on the resident's door. The sign is a picture of cherry blossom which is a common symbol of death and rebirth and is used in many sites across the region. It is discreet, so other residents give the family and friends the privacy they need. This sign is used to alert staff, and an email is sent out to the team, to give our staff an opportunity to pay their respects to the resident. As a team, we do our best to make them comfortable by playing music they enjoyed, reading to them, sharing memories, and prayers to let them know that they are not alone. We consider each resident a member of our family and offer support to family members when it is convenient for them, whether it is a late-night phone call or a last-minute tea. To make families feel at home, we have an end-of-life cart on each unit containing books about grief and loss, word searches, notebooks, toiletries, towels, blankets, and other comforts. When the funeral home arrives, the body is covered with a dignity shroud, and a code is called on the overhead. The code prompts staff involved in their care to meet in the residents' room and walk the resident out of the building. In the days following, a short room blessing and memorial is held in their honour. This is our way of saying goodbye and releasing their spirit from our space. The ritual honours the resident, and every memorial is slightly different. It can involve sharing memories and listening to their favourite songs or can consist of religious prayers; every memorial is written and shared based on their beliefs. When time permits, one or two representatives from our team attend the funeral of the resident to support the family and to pay their respects to the family, saying their final goodbye.



If you have any content suggestions for upcoming newsletters, please reach out to Chantelle at [ccalder@freddouglas.ca](mailto:ccalder@freddouglas.ca)