

Lodge Life

NEWSLETTER FOR FAMILIES & FRIENDS



HAVE QUESTIONS?

DEPARTMENT EXTENTIONS

Administrator	ext:4223
Director of Care	ext:4222
Nutrition Services	ext:4228
Support Services	ext:4224
Staff Development	ext:4235
Family Services	ext:4219

COMMENTS?

DEPARTMENT EXTENTIONS

Resident Services Nursing	ext:4229
Resident Services Recreation	ext:4243
Infection Prevention & Control	ext:4205

WE ARE JUST A CALL AWAY

DEPARTMENT EXTENTIONS

Quality & Risk management	ext:4215
Financial Analyst	613-930-2787 ext:4266



GSDL BAKE SALE

Join us Friday, April 12th for the Bake Sale. It will be held from 11:00 a.m. to 1:30 p.m. in the Tea-Room. If you would like to donate baked goods or store-bought items please email [Shelby smclean@cornwall.ca](mailto:smclean@cornwall.ca) to inform her what you will be bringing and include the ingredient list.

Join us Friday April 12th to purchase some delicious baked goods, all proceeds will be going to staff engagement initiatives!

Life Around the Lodge

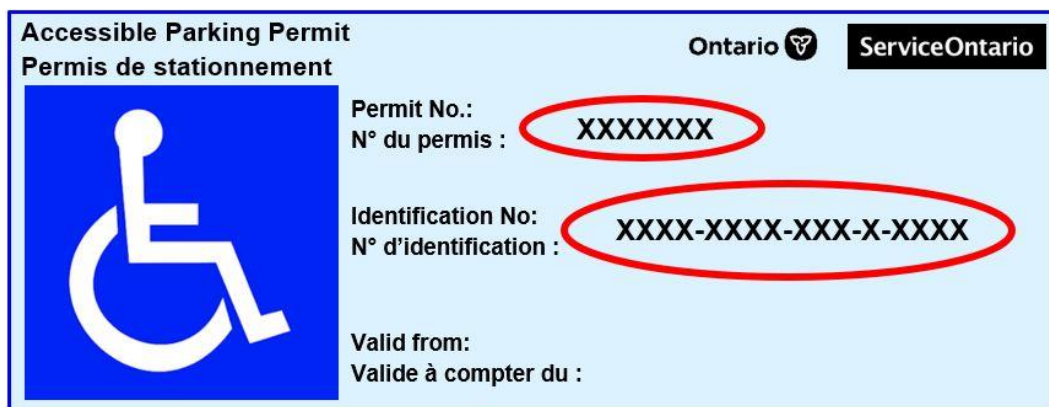
Birthdays, events, and the social gatherings—the calendar is filled with exciting spring activities! As the warmer weather slowly approaches, please remember do not open the front door for other residents.



Accessible Parking Permit

We only have 11 accessible parking spots in the front of the building. Please ensure if you are parking there your permit is displayed. The permit must be placed face up on the dashboard or attached to the turned down sun visor. Permit number, identification number and validity dates must be clearly visible from outside the vehicle. For more information, please refer to your accessible parking permit or online at Service Ontario.

The parking lot will be inspected at random and city bylaw will be called to issue tickets. The maximum penalty for misuse or abuse of this permit is \$5,000. This permit is valid when used only by the person to whom it is issued. This is to ensure proper use of our parking spaces, so those in need can utilize them. The GSDL van has also been moved to the back parking lot to free up an additional parking space. Thank you for your cooperation.



Shooting Star Shout Outs

Please continue to share your positive feedback with us, the ballot box can be found on the north wall in the Tea-Room before the cafeteria. All nominations will be showcased on the 'Shooting Star Shout Outs' board. Below are just a few of the nominations from March:

Danny (PSW) – Guides me when I am/feel lost.

Jordan (physio assistant) – For doing an excellent job in physio and always looking out for the residents. Going above and beyond gathering donated walkers and wheelchairs.

Jessica (RPN) – she goes above and beyond for the residents. She not only works on the floor but is amazing wound care nurse for the entire building. She is diligent and efficient in caring for wounds and cares for all residents, she is always working with a smile.

Shannon (dietary) – thank you Shannon for always making sure that the kitchen is running smoothly, your dedication does not go unnoticed!

COUNCIL OF FAMILY AND FRIENDS

Meetings held: Second Wednesday of every month at 1:30 p.m. in the Library at the Glen Stor Dun Lodge.

The Council is always seeking new members! Please reach out to Shelby the Resident & Family Services Coordinator to learn more!

RESIDENT COUNCIL

Meetings held: The fourth Tuesday of every month at 10:30 a.m. in the Chapel at the Glen Stor Dun Lodge.

(Excluding July, August & December)

UPCOMING EVENTS:

March 29th - Good Friday

April 1st - Easter Monday

April 9th - Leadership Meet & Greet

April 12th - Bake Sale

May 12th - Mother's Day

May 20th - Victoria Day

Meet & Greet with the Leadership Team

Tuesday, April 9th at 11:00 a.m. in the TeaRoom

We will be hosting our third meet and greet with the leadership team. This is to allow families to get to know the Leadership team and ask questions. Please pre-submit your questions by emailing them to smclean@cornwall.ca

Notice from Support Services: Aerosol cans are not permitted, if a resident would like a room deodorizer housekeeping can provide a non-aerosol spray.

Thank you for your understanding.

SPRING CELEBRATIONS

Showing that you respect and value whatever tradition is being observed during the spring months helps create space for everything to be celebrated. Recognizing holidays that support inclusion is important because it helps to create a fair, inclusive space where everyone feels a sense of belonging.



March 11 - **Ramadan (Muslim)**: The holy month of Ramadan is the 9th month in the Islamic lunar calendar. It is a month of fasting, worship, service, communal gathering, and spiritual development. Fasting in Ramadan is one of the Five Pillars of Islam.



March 17 - **St. Patrick's Day**: observes of the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, and a whole lot of green.



March 24 - **Purim (Jewish Holiday)**: the holiday of the lots, is a celebration of the Jewish Queen Esther saving the Jewish people from the evil vizier of Persian King Achashverosh. It is celebrated by exchanging gifts of food and drink, know as mishloach manot.



March 31- April 1 **Good Friday, Easter Sunday & Monday (Christian)**: A Christian holiday that celebrated the resurrection of Jesus Christ. Easter takes place three days after Jesus's death on Good Friday.



April 7 - **World Health Day**: This date marks the founding of WHO in 1948, the theme for World Health Day 2024 is 'My health, my right'. This year's theme was chosen to champion the right of everyone, everywhere to have access to health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.



April 10 - **Eid (Muslim)**: Eid marks the end of a month of fasting from dawn to sunset, as well as spiritual reflection and prayer.



April 23 - **First day of Passover (Jewish)**

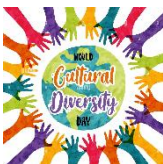
April 30 - **Last day of Passover**: Passover is the seven-day holiday of the Feast of Unleavened Bread. In Judaism, holiday commemoration Hebrews' liberation from slavery in Egypt and the "passing over" of the forces of destruction.



May 12 - **Mother's Day**: In 1915, this day became an official holiday in Canada and Canadians have since then celebrated this special day. Across languages, most words for "mother" start with the letter M.



May 20 - **Victoria Day**: Victoria Day represents not only Queen Victoria's birthday but also encompasses broader concepts of monarchy, heritage and national unity. It serves as a reminder of Canada's historical ties to the British monarchy and the shared values and traditions between the two nations.



May 21st - **International Day of Cultural Diversity**: The day is celebrated to promote cultural diversity and harmony among people from different cultures and backgrounds. The day also recognizes the contribution of cultures and civilizations to sustainable development.

SPRING AWARENESS

Community awareness is important to increase enthusiasm and support, stimulate self-mobilisation and action, and to mobilise local knowledge and resources.

March - **Developmental Disabilities Awareness Month**: March is National Developmental Disabilities Awareness Month and a time for DDA to help educate the public about the needs of this diverse group and to end the stigma around issues of disability. Developmental disabilities are a group of conditions due to an impairment in physical, learning, language, or behaviour areas. These conditions begin during the developmental period, may impact day-to-day functioning, and usually last throughout a person's lifetime.

March 8 - **International Women's Day**: It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political. Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike.

April 2 - **World Autism Awareness Day**: Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviors or interests. People with ASD may also have different ways of learning, moving, or paying attention. It is estimated that 1 in 50 children and youth aged 1 to 17 have been diagnosed with autism spectrum disorder in Canada.

April 22 - **Earth Day**: April is Earth Month, a time to celebrate our planet and take action to protect it. Earth Day, which is celebrated annually on April 22nd, is the largest civic event in the world, with over a billion people participating each year. Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

May - **Mental Health Awareness Month**: May is Mental Health Awareness Month in Canada, a time for fostering understanding, promoting resilience, and raising awareness about the importance of mental well-being for all Canadians. Mental health, often misconstrued and stigmatized, is fundamental to our overall health.

May - **Multiple Sclerosis**: Multiple sclerosis (MS) is a disease of the central nervous system that can affect the brain, spinal cord and optic nerves. Multiple sclerosis is caused by your immune system mistakenly attacking the brain and nerves. It's not clear why this happens but it may be a combination of genetic and environmental factors.

May 5 - **Missing and Murdered Indigenous Women's Day (MMIWG)**: Also known as Red Dress Day, May 5 honours the thousands of missing and murdered Indigenous women, girls, 2 spirit, and gender diverse people in Canada by encouraging learning and building awareness to end violence against Indigenous women, girls, 2 spirit, and gender diverse people.

May 17th - **Day against Homophobia, Transphobia and Biphobia**: Everyone has the right to feel safe in being their true self and expressing their gender and sexuality freely. The International Day Against Homophobia, Transphobia and Biphobia gives us an opportunity to reaffirm the equality of LGBTQ2I persons and also strengthen alliances and partnerships.