



May/Mai 2015

Lodger

TODAY'S SENIORS
THEIR LIFE, THEIR WAY
WITH OUR HELP

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LEUR VIE, LEUR FAÇON D'ÊTRE
AVEC NOTRE AIDE



Glen Stor Dun Lodge - Cornwall I

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Compassion: connaissance • Intégrité • collaboration • engagement • responsabilité

A message from Nutrition Care
WE ARE HERE TO SERVE YOU



When Rotary Tea Room is full, comfortable additional seating is available for families during mealtime or visiting with your loved ones.

- Main Floor - Library
- 2nd Floor - Dundas and Cornwall Family Rooms
- 3rd Floor - Glengarry Family Room
- 4th Floor - Seaway Family Room

All these rooms are available for your use no matter which floor you live on.

Resident Council Meeting
Fourth Tuesday of each month
except July, August, December
10:30 a.m. - Rotary Tea Room

Family Council Meeting
Third Wednesday of each month
except July, August, December
1:30 a.m. - Library

Special Care Dementia Care
Family Support Group
Last Wednesday of each month
6:00 p.m. to 8:00 p.m.
Glen Stor Dun Lodge Village Pub



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The Lodger

May 2015



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Subscriptions to The Lodger

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Glen Stor Dun Lodge Part of "City Central" At Home and Leisure Show



As "THE" community's Home, we felt it was important to join many of the City's departments to showcase our services and to provide answers to questions that the public might have about the Lodge.

It was a fruitful weekend as hundreds of attendees stopped by to check us out. Mayor Leslie O'Shaughnessy, also a member of the Committee of Management of the Lodge stated that, "This is a great opportunity for residents to learn more about the programs and services that the City provides".

Over the three day weekend, Department supervisors took turns to man our booth. Anna Marie Breuers, Jennifer Archmabault, myself and Norm Quenneville met and greeted many.

We were all a little surprise how few really knows about the Lodge. Most people thinks that we have over 200 residents residing in our Home as it seems so big to passers-by. Just as many do not realize that the Lodge receives funding from three different sources: Ministry of Health and Long Term Care, City of Cornwall and the

United Counties. Still more were pleasantly surprised to find out that we host the Meals on Wheels program for the entire City.

At the end of the day, I felt proud of the Lodge for the services we provide. We are truly "the Community's Home", one that City of Cornwall must be pleased to call its own.



Norm Quenneville on hand to answer a visitor's queries.



The Parks & Landscaping Division were giving away seedlings to the first 100 visitors each day of the Home and Leisure show and I got one. This is a white pine and should do well in my sunny garden.

Without a sense of caring, there can be no sense of community.
~ Anthony J. D'Angelo

SPRING FLING SNAPSHOTS

The Council of Family and Friends sponsored the annual event with a great deal of support from our Nutrition Care department. The team has outdone themselves this year with a very colourful display of scrumptious culinary fare. Some of those were pictured below: (from left) Blake Caron, Shannon Shail, Erica Kingston, Shana Nagy and Alyssa Lalonde.



Here are a few photos taken by A Council member Margaret Gordon, of the impressive array of refreshment.



Assorted wraps



Cheese Platter



Fresh Veggies



Whimsical bunnies with radish ears, how cute!

Life at the Lodge

Spring Fling continued:

Door Prizes were in abundance and here are two of the lucky winners: Claire Barry, wife of resident Frank Barry, was one of the winners of the free draw. She won a bottle of wine.



Norma Gibson is all smiles just because she won something.



Corrine Dicaire, Norma Sawinski and Louise Boosamra were among many who attended the gala event.

Here is a flash back of an era (50's) where ladies' spring formal wear includes a fancy hat and a fashionable stole. This beauty is none other than Kathy Riddell, the daughter of Leila Rothwell.



Make Someone 's
Day
Volunteer!

Volunteers needed

- for meal delivery
- minimum once per month
- during lunch hours
- flexible schedule
- mileage is reimbursed


MEALS ON WHEELS
CORNWALL
Please call 933-3384 ext. 4263



Terry Fairchild Our New Centenarian April 6, 2015



Surrounded by her family, Terry celebrated her birthday with Jim and Don (sons-in-law), daughters June and Diane. Congratulations Terry!



Annual Mandatory Training – the Ministry requires all long term care facilities to review policies relating to care delivery on an annual basis. During the month of March, many training sessions

were organized to accommodate close to 200 employees. Here is Jennifer Archambault, Staff Development Officer, demonstrating how to don PPE – Personal Protective Equipment.

Tim McNally, one of our Recreologists serving wine at the Council of Family and Friends Spring Fling.

Glen Stor Dun Lodge, a licensed facility is required by the Ministry of the Attorney General, to ensure all personnel serving alcohol

be equipped with the Smart Serve Responsible Alcohol Beverage Service Training that has been approved by the Alcohol and Gaming Commission of Ontario (AGCO).



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Battling the Guilt Monster--Part Two



In my last article, we touched on the guilt of placing your loved one, or "breaking the promise" of never placing them...we continue...

Much of the guilt caregivers feel is undeserved, with no constructive basis, and can in fact be destructive. The unjust guilt caregivers feel is often fuelled by the demands of the role, the expectations of others, as well as the expectations of their toughest critic — themselves.

And it seems there's plenty for caregivers to feel guilty about:

Guilt over realizing how they treated or judged the person with dementia before knowing what was going on (before diagnosis)

This is natural, and you need to forgive yourself. Ignorance of the disease process, coupled with the powerful drug of denial, can lead to a deadly cocktail. But you are now empowering yourself with knowledge of the disease, and the behaviours that come along with it. You are reaching out to others for tips and suggestions for coping. And you are starting to forgive your loved one, now understanding that they cannot help these behaviours...."it is not the person, it is the disease speaking." These are important words to let into your heart.

Guilt that somehow they are not caregiving as well as they should, or that others do a better job

As long as a caregiver is doing all he/she can reasonably do, there should be no guilt. Sadness ... that's another story. But guilt? No. Guilt should only result when a caregiver is not doing all he/she can reasonably be expected to do. Caregivers are not supermen or superwomen ... we are all just ordinary spouses, children, grandchildren, relatives or friends trying our hardest to 'do right' for those we love. If we do that, we should not add to our pain with guilt.

Guilt over feeling resentful, trapped, unloving, or a host of other negative thoughts

Again, perfectly understandable and perfectly normal. You are human. I reach to the Serenity Prayer when I find myself getting drawn into this darker place. "God grant me the Serenity to accept the things I cannot change...the Courage to change the things I can...and the Wisdom to know the difference." Simple and yet so profound. If we can begin the work of building this serenity, perhaps with the help of a support group or trusted friend, we can begin to work towards the peace that comes with it. And with this peace comes gradual freedom from the guilt. What can we change? Our thoughts? Our perceptions? Can we take on a role such as the Family Council? Can we advocate by organizing

awareness blitzes with the government? Action on any level often helps to push down the guilt where it belongs.

Guilt for wanting time for themselves, or for trying to "live their life." This leads to further guilt by doing things without their loved one that they once enjoyed together. There is an old quote by Thomas S. Monson that says "We can't direct the wind, but we can adjust the sails. For maximum happiness, peace, and contentment, may we choose a positive attitude." We need to keep adjusting our sails (our thoughts, our feelings, our expectations) each and every day. And this is going to take self-forgiveness. This is a tragic reality (loved one in long-term care, and/or living with dementia) but we cannot change that reality, and the necessity of a higher level of care. It is what it is. Acceptance and forgiveness can lead to a new strength in moving forward. You cannot, and should not, completely suspend your life, and your enjoyment of that life, because of this new reality. Your loved one would not have wanted you to do that when they were well.

Guilt for not visiting enough

You need to take care of yourself. There needs to be balance in your life. If you are perpetually "running on empty" or living with "depleted batteries," you run a greater risk of depression, anxiety, stress, anger and burnout. You are no darn good to yourself or your loved one if you are lying in a hospital bed! So along with the theme of self-forgiveness in giving yourself permission to live your life, you also need to remind

yourself that a re-charged caregiver is a better caregiver! By taking time for yourself, you will be more refreshed and more PRESENT when you visit your loved one in future.

Guilt for wishing it was over

This is a tough one, and tangled with the grief that comes with the caregiving journey. But again, perfectly natural. We wish with all our hearts that our loved one had never gotten sick, or developed dementia. And we see them suffer, along with the pain and discomfort of failing hips, failing joints, loss of vision and loss of hearing. And we want them to have peace. You will see that the Lodge adopts a palliative approach to the care we provide. What I mean by this is that the focus--from day one--is on comfort, choice and dignity for our residents. We will support you in trying to achieve this for your loved one. And wishing for an end to the suffering, or struggles with dementia, is a human response, and should not trigger guilt. You are truly showing your love for your family member by wishing them peace!

Like so much about caregiving, many things are outside of your control and there are generally no easy solutions. Please remember that guilt is not a productive emotion...no good comes of it. Educate yourself, empower yourself, reach out to others, and you will be able to start re-processing and re-framing this toxic emotion, and hopefully put it in its place!

God Bless.

Joyeux Copains

DE PAR LE VASTE MONDE / FAITS HISTORIQUES DU MOIS DE MAI JUSQU'EN 1937

27 - 05 -1199 A la suite de la mort de son frère, Richard Cœur de Lion, Jean sans terre devient roi d'Angleterre.

7 - 05 - 1429 Jeanne d'Arc reprend la ville d'Orléans aux Anglais.

23 - 05 -1430 Jeanne d'Arc est faite prisonnière et est brûlée vive à Rouen le 30 mai 1431.

29 - 05 -1453 Fin de l'Empire romain avec la prise de Constantinople par l'Empire Ottoman

10 - 05 -1534 Jaques Cartier atteint Terre Neuve au Canada après vingt jours de navigation sur l'Atlantique.

24 - 05 -1543 mort de Copernic, le premier à affirmer que la terre tourne autour de soleil

03 - 05 – 1616 Naissance de Shakespeare

01 - 05 – 1707 Le Royaume d'Angleterre et le Royaume d'Ecosse s'unissent pour former le Royaume Uni de Grande Bretagne

05 - 05 -1789 Ouverture des Etats Généraux à Versailles par Louis XVI. C'est le début de la Révolution française.

05 - 05 -1821 Mort de Napoléon Bonaparte à Sainte-Hélène

24 - 05 – 1844 Samuel Morse envoie le premier télégramme.

23 - 05 – 1859 Naissance de l'écrivain anglais, Conan Doyle, véritable inventeur du roman policier avec son héros, Sherlock Holmes

06 - 05 – 1882 Sous la pression de la Californie, les États-Unis votent une loi d'exclusion des Chinois de leur territoire.

06 - 05 – 1889 Ouverture de l'exposition universelle de Paris

31 - 05 – 1889 L'inondation de Johnstown aux E-U fait plus de 2,000 morts.

07 - 05 – 1901 Naissance de l'acteur américain, Gary Cooper

02 - 05 – 1904 Naissance du chanteur américain, Bing Crosby

18 - 05 – 1920 Naissance de Karol Wojtyla, le futur pape Jean-Paul II

20 - 05 - 1927 Charles Lindbergh traverse l'Atlantique seul à bord de son monoplane, « The Spirit of St-Louis ».

16 - 05 - 1929 Première cérémonie de présentation des Oscars à Hollywood

28 - 05 - 1934 Naissance au Canada des premières quintuplées connues, les sœurs Dionne

12 - 05 - 1937 Couronnement de Georges VI, roi d'Angleterre

RIONS...RIONS...RIONS



Un farceur dit à son ami qu'il peut lui prouver qu'il n'est pas là, devant lui.

- Le farceur : Suis-je à Chicago ?

- Son ami : Non !

- Le farceur : Suis-je à Paris ?

- Son ami : Non !

- Le farceur : Alors, si je ne suis ni à Chicago, ni à Paris, je suis donc ailleurs.

- Son ami : Exactement.

- Le farceur : Donc, si je suis ailleurs, je ne suis pas ici !

- Son ami : !!! Dis encore !

CHARADES

A) Mon premier est un préfixe qui veut dire « avec ».

- Mon second ne dit pas la vérité.
- Mon troisième est une action qui supprime la parole.
- Mon tout est une parole dite dans une conversation, comme une opinion.

B) Dans un jeu, on fait rouler mon premier.

- Mon deuxième est synonyme de « bouche ».
- Si on ajoute la lettre « Z » à mon troisième, on obtient un mot qui veut dire « suffisant ».
- Mon tout est un mot qui exprime le dégoût.

QUIZ / LES FLEURS

- a) fleur pour bouquet de Noël, très populaire
- b) fleur emblématique de l'Ontario
- c) fleur du drapeau québécois
- d) fleur printanière originaire de la Hollande
- e) fleur printanière blanche ou mauve poussant dans de petits arbres
- f) fleur d'avril associée du cancer
- g) fleur associée à la vertu de la modestie
- h) fleur des fleurs célébrée dans de nombreux poèmes pour leur courte durée
- i) fleur associée au mouvement des cursillo pour homme
- j) fleur très répandue, à pétales blanches, poussant dans les prairies.

DEVINETTES

A) Paul est le beau-frère de Guy
Guy est le beau-frère de Roger
Paul et Roger ne sont pas beaux-frères.

Pourquoi ?

B) Quand je me couche, elle se lève.
Quand je me lève, elle disparaît.
Qui sommes-nous ?



Prière à Marie Mère de la Paix

En ces temps de violence
Devant mon avenir incertain
Je suis inquiet j'ai peur
Je cherche le chemin de la paix
Au milieu de tant de prophéties
de malheur
Et si peu de messages de joie
J'ai besoin d'entendre Celui qui
a dit :

« Je vous laisse la paix, je vous donne ma
paix »

Apprends-moi, Marie, à cesser de me
troubler

Apprends-moi à vivre en paix

Mère de la Paix,
J'aime te regarder
Et voir que les humbles jouissent de la
paix

J'aime te prier

Et t'entendre me dire :

« Grace et paix de la part de Dieu »

J'aime me laisser guider par toi

Tu me conduis à Celui qui est PAIX

Prie pour moi, ton enfant

Que la paix du Christ entre dans mon
cœur



Prayers for May

By tradition, the Catholic Church dedicates each month of the year to a certain devotion. In May, it is the Blessed Virgin Mary. This devotion arose among Jesuits in Rome in the late 18th century and quickly spread throughout the Western Church. By the time of Pope Pius IX's declaration of the dogma of the Immaculate Conception in 1854, it had become universal. May crownings and other special May events in honor of Mary, such as public recitation of the rosary, stem from this time.

Some or all of the following prayers to the Blessed Virgin can be incorporated into our daily prayers during this month. The Most Holy Rosary of the Blessed Virgin Mary

In the Western Church, the rosary is the preeminent form of prayer to the Blessed Virgin Mary. Once a daily feature of Catholic life, it is now seeing a revival after decades of disuse. May is a very good month to begin praying the rosary daily.

Paul ARSENAULT o.m.i.



The Hail Mary

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Church Services for May

Mass and/or Catholic Celebration.

Every Saturday at 10:00 a.m.

- May 2 Deacon Roméo Lefebvre
- May 9 Père Cyriaque Balla (Français)
- May 16 Deacon Marcel Aubé
- May 23 Fr. Cyriaque Balla
(English)
- May 30 Deacon Maurice Poirier

Protestant Services

Every Thursday at 11:00 a.m.

- May 7 Pastor J. Scorgie (Baptist)
- May 14 Pastor B. Montsion
(Fountaingate)
- May 21 The Ven. Frank Kirby
(Anglican)
- May 21 Memorial Service
- May 28 Hymn Sing

IN MEMORIAM

*Residents, staff and volunteers of the
Glen Stor Dun Lodge remember our
departed residents
Margaret Barkley
Theresa Lauzon*

The Buzzard, The Bat and
The Bumblebee
(Author Unknown)

If you put a BUZZARD in a pen six or eight feet square and entirely open at the top, the bird, in spite of his ability to fly, will be an absolute prisoner. The reason is that a

buzzard always begins a flight from the ground with a run of ten or twelve feet. Without space to run, as is his habit, he will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.



The ordinary BAT that flies around at night, a remarkably nimble creature in the air, cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash.



A BUMBLEBEE, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself. In many ways, there are lots of people like the BUZZARD, the BAT, and the BEE. They are struggling about with all their problems and frustrations, not realizing that the answer is right there..."above" them...

Have a wonderful day and don't forget to look UP!!

Up Coming Events

- Warmer Weather/Summer
- Mothers Day Celebrations
- Mothers Day Crafts
- Baking



May Birthday Wishes

- Raymond Beaumont -May 3
- Simone Poirier -May 10
- Sybil Smith -May 12
- Owen Hart -May 22
- Vicky Major -May 24
- Patricia Smith -May 29



Raymond Beaumont enjoying a waltz with his wife at the Sand Road Sugar Camp.

Mothers Day Poem

There are angels God puts on earth
Who care for us and guide us.
You can feel their love and gentleness
as they walk through life beside us.

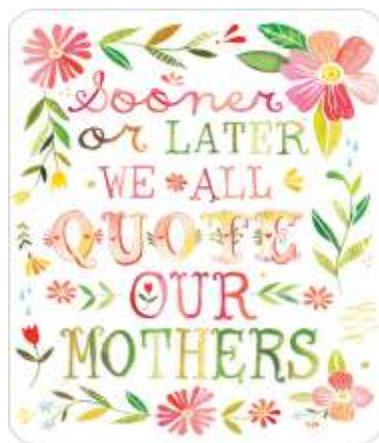
They do great things for us every day
they whisper in our ears,
They even hold us in their hearts
when we are filled with all our fears.

They are always there to give a hug
and try to make us smile.
They treat us with respect and love,
They treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my life,
been with me as I've grown.

She's guided me the best she can,
she's taught me like no other,
and I'm thankful I'm the lucky one
who get to call her mother.

By: Kathleen J. Shields



Day Away staff would like to wish all clients, families, caregivers, volunteers, and staff a Happy Mother's Day.

In Praise of Lodge Volunteers

Long Term Care is about more than providing accommodation to our residents. It must include services that enhance compassionate care. Volunteer service is one that is purely driven by compassion and must be supported.

The scale of volunteering at the Lodge continues to be rather impressive and diverse with the majority of them offering pastoral and spiritual care. Services such as physiotherapy and hairdressing receive much needed support from a few veteran volunteers. Outreach Services also has a dedicated group who lend their time and talents to the day away and telephone assurance programs. In addition, we have meal time assistants, friendly visitors, tuck shop attendants and clerical support. Not to mention the community groups who turn up to entertain, to celebrate special occasions and to reconnect ties.

These volunteers add significant value to the work of paid employees. They cultivate trust and understanding needed to engage our residents in services we provide. We are grateful for their ongoing support.

It is important to recognize that good quality volunteering will not happen without investment. It needs to be properly resourced and managed to ensure that volunteers are adequately

supported. We also recognize that the pool of volunteers is changing, with more diversity and different skills and expectations, needing more effort to match them to the appropriate roles.

In the months ahead, as we prepare for the upcoming accreditation, we are revamping the volunteer department and its infrastructure to support the recruitment, training and ongoing education to ensure this valuable resource continues to flourish.

In the meantime, let's take a moment to thank our existing volunteers for the giving of their heart and hands in enhancing care.



Lodge Volunteers are invited to the Annual Volunteer Banquet Wednesday May 20, 2015 Dinner at 6 pm Special Guest Paddy Stewart

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	<p>Sunday 3</p> <p>09:45 Tea & Trivia (3) 10:45 Super Quiz (Dundas) 01:30 Wheel of Fortune (4) 03:00 Walk & Roll (Cornwall)</p>	<p>Monday 4</p> <p>10:00 Coffee with Bill (4) 10:00 Gardening (2) 10:00 MAP - Balloon Tennis (3) 11:00 Men's Chit Chat (4) 11:20 2nd & 3rd Lunch Bunch 02:30 Bingo (TR)</p>	<p>Tuesday 5</p> <p>10:00 MAP-Sandbags (3) 10:00 Tea & Trivia (Dundas) 10:15 Fun & Fitness (4) 02:00 Afternoon with Johnny M (TR) 04:00 Walk & Roll (Cornwall) 06:45 Kinette Bingo (TR)</p>
	<p>Sunday 10</p> <p>09:45 Tea & Trivia (3) 10:45 Super Quiz (Dundas) 01:30 Sandbags (4) 03:00 Walk & Roll (Cornwall) Happy Mother's Day!</p>	<p>Monday 11</p> <p>10:00 Coffee with Bill (4) 10:00 Gardening (2) 10:00 MAP - Balloon Tennis (3) 11:15 Men's Chit Chat (4) 02:30 Bingo (TR)</p>	<p>Tuesday 12</p> <p>10:00 MAP-Sandbags (3) 10:00 Tea & Trivia (Dundas) 10:15 Fun & Fitness (4) 02:30 X-Box Bowling (TR) 02:30 Beautiful You (4) 04:00 Walk & Roll (Cornwall) 06:00 House & Home (Dundas)</p>
	<p>Sunday 17</p> <p>09:45 Tea & Trivia (3) 10:45 Super Quiz (Dundas) 01:30 Wheel of Fortune (4) 03:00 Walk & Roll (Cornwall)</p>	<p>Monday 18</p> 	<p>Tuesday 19</p> <p>10:00 MAP-Sandbags (3) 10:00 Daisies (3) 10:00 Tea & Trivia (Dundas) 10:15 Fun & Fitness (4) 11:45 Bistro (Dundas) 02:00 Birthday Party / Georgie (TR) 02:00 Tea Trolley (4) 04:00 Walk & Roll (Cornwall) 06:00 Balloon Tennis (Dundas)</p>
	<p>Sunday 24</p> <p>09:45 Tea & Trivia (3) 10:45 Super Quiz (Dundas) 01:30 Sandbags (4) 03:00 Walk & Roll (Cornwall)</p>	<p>Monday 25</p> <p>10:00 Coffee with Bill (4) 10:00 MAP - Balloon Tennis (3) 10:00 Balloon Tennis (2) 11:15 4th Floor Lunch Bunch 02:30 Bingo (TR)</p>	<p>Tuesday 26</p> <p>10:30 Resident Council Meeting (Tea Room) 11:45 Bistro (Cornwall) 02:00 Music with Mario(2) 02:00 Card Club (4) 02:00 Tea & Trivia (Cornwall) 04:00 Walk & Roll (Cornwall) 06:00 House & Home (Dundas)</p>

May 2015

Legend for location of activities
 Pub = Village Pub on ground floor
 TR = Rotary Tea Room on ground floor
 (2) = on second floor
 (3) = on third floor
 (4) = on fourth floor

		Friday 1	Saturday 2
Wednesday 6	Thursday 7	Friday 8	Saturday 9
10:00 Millionaires Club (4) 10:30 Bowling at Nativity 10:30 Get Fit (2) 11:15 Chaplet (Chapel) 02:00 Bingo (TR) 02:30 Country Drive (2) 04:00 Walk & Roll (Cornwall)	09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3) 11:00 Church Service: Baptist (Chapel) 11:45 Bistro (TR) 02:00 Mothers Day Social Vern & Friends (TR) 03:45 Mustangs (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 3 Group 2 Breakfast (TR) 09:30 – 11:30 Cornwall Audiology Clinic (4) 10:00 MAP-Sandbags (Cornwall) 10:00 Sing a Long (Chapel) 10:15 Fun & Fitness (4) 01:15 Bridge 02:00 Treat Trolley (4) 02:00 Treat Trolley (3) 02:00 Darts (Pub) 04:00 Walk & Roll (Cornwall)	10:00 Liturgy of the Word with Deacon Romeo Lefebvre (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 13	Thursday 14	Friday 15	Saturday 16
10:30 Get Fit (2) 11:15 Chaplet (Chapel) 02:00 Bingo (TR) 02:30 News & Views (Cornwall) 04:00 Super Quiz (Dundas) 06:30 PM Pub with Larry Granger (TR)	09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (2/4) 11:00 Church Service: Fountaingate (Chapel) 11:45 Bistro (TR) 02:00 Resident Services Staff Meeting 04:00 Board Games (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 St. Lawrence Breakfast (TR) 10:00 MAP-Sandbags (Cornwall) 10:00 Sing a Long (3) 10:00 Tea & Trivia (Dundas) 10:00 Spa Retreat (3) 10:15 Fun & Fitness (4) 01:15 Bridge (4) 02:00 Darts (Pub) 02:00 Treat Trolley (3) 02:00 Treat Trolley (4) 02:00 Mind Joggers (4) 04:00 Walk & Roll (Cornwall)	10:00 Liturgy of the Word with Deacon Marcel Aube (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 20	Thursday 21	Friday 22	Saturday 23
10:00 Millionaires Club (4) 11:15 Chaplet (Chapel) 02:00 Country Drive (2) 05:00 Volunteer Appreciation Banquet (TR)	09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/4) 11:00 Church Service: Anglican (Chapel) 11:45 Bistro (TR) 02:00 MEMORIAL SERVICE (CHAPEL) 04:00 Corvettes (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 Cornwall Breakfast (TR) 10:00 Crafts (2/3) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 01:15 Bridge (4) 02:00 Darts (Pub) 02:00 Treat Trolley (3) 02:00 Tea & Trivia (4) 04:00 Walk & Roll (Dundas)	10:00 Mass with Fr. Cyriaque Balla (Chapel) (in English) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 27	Thursday 28	Friday 29	Saturday 30
10:00 Millionaires Club (4) 10:00 Sensory Magic (3) 10:00 Mustangs (Cornwall) 10:30 Get Fit (2) 11:15 Chaplet (Chapel) 02:00 Steve E. and the Pacemakers (TR) 04:00 Walk & Roll (Cornwall)	09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/4) 11:00 Hymn Sing (Chapel) 11:45 Bistro (TR) 02:00 Happy Hour with Rick (TR) 04:00 Walk & Roll (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 Cornwall Breakfast (TR) 10:00 Sing a Long (Chapel) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 01:15 Bridge (4) 02:00 Darts (Pub) 02:00 Treat Trolley (3) 02:00 Treat Trolley (4) 04:00 Walk & Roll (Dundas)	10:00 Liturgy of the Word with Deacon Maurice Poirier (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)

Best Wishes/Bonne Fete

May 2015



<i>Margaret Macmillan</i>	<i>May 01, 1925</i>	<i>Jean Paul Theoret</i>	<i>May 15, 1928</i>
<i>Reginald Lalonde</i>	<i>May 01, 1926</i>	<i>Lillian Masson</i>	<i>May 15, 1930</i>
<i>Editta Japuncic</i>	<i>May 02, 1917</i>	<i>George Hambleton</i>	<i>May 15, 1930</i>
<i>Joseph Meilleur</i>	<i>May 03, 1916</i>	<i>Lynn Ann Sawinski</i>	<i>May 21, 1961</i>
<i>Jean Paul Cuillerier</i>	<i>May 04, 1930</i>	<i>William Gove</i>	<i>May 27, 1933</i>
<i>Georgette Serviss</i>	<i>May 06, 1950</i>	<i>Helmut Drechsler</i>	<i>May 27, 1936</i>
<i>Beatrice Dionne</i>	<i>May 12, 1924</i>	<i>Margaret Varin</i>	<i>May 28, 1929</i>



John & Sylvia Daigle... May 25, 1957...58 YEARS

*April birthday party is sponsored by the Navy Veterans
It will be held on Tuesday May 19 at 2:00 p.m. in the Rotary Tea Room
Entertainment by Georgie*



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anniversaries*

Coming Events



ACTIVITY HIGHLIGHTS

With all the April rain (and snow) we've been getting, we are sure to find May flowers blooming around the corners soon. What can I say? Hope springs eternal. Regardless of weather, we continue to bring sunshine, music, fun and laughter into the Lodge. Be sure to take advantage of all the events organized by our recreation staff. And Don't forget, family and friends are also welcome.

SOCIAL ENTERTAINMENT

- May 1 Baking Group
- May 5 Afternoon Music with Johnny M
- May 7 Mother's Day special with Vern and Friends
- May 13 An Evening Pub with Larry Granger
- May 19 Birthday Party with Georgie
- May 26 Music with Mario
- May 27 More Music with Steve E & the Pacemakers
- May 28 Happy Hour with Rick Filion

FUN & GAMES

- May 5 Kinette Bingo
- May 6 Bowling at Nativity
- May 12 X-Box Bowling

EXERCISE GROUPS

Tuesdays and Fridays – 4th floor Fun and Fitness

Wednesdays – 2nd and 3rd floor Get Fit

OUTINGS

May 4 2nd and 3rd Lunch Bunch

May 25 4th Lunch Bunch

OTHERS

May 8 Cornwall Audiology Clinic

May 21 Memorial service



Many who enjoyed the Spring Fling were (from left) Harvey Barkley, Norma and Sylvio Gareau and Louis Banyai.



More Spring Fling captured moment: Administrator Norm Quenneville was invited to pull the winning ticket of the Basket of Cheers.

Features

Hockey Memories

I have recently visited the Canadiens Hockey Hall of Fame at the Bell Centre in Montreal with my grandson, Owen. The French translation is "Temple". You feel a holiness when you walk among the saved jerseys and hockey cards dating back more than 50 years. I had a sense of their history and how important the Montreal Canadiens have been to the people of Quebec. The players were revered by all.



Do you recognize the future NHL Canadiens player? Owen Nicholls, third player from the right.

Visiting the Hall of Fame, I was taken back to the 1960's when I was introduced to the game. The first hockey game I watched on television was between Montreal and Toronto at my boyfriend, Mike's, house with his 5 brothers, Mom and Dad. CBC Hockey Night in Canada was Saturday night with announcers, Bill Hewitt, Danny Gallivan and Dick Irvin. It became a ritual with lots of cheering for Montreal for Mike and Toronto for me. Our family had recently moved from Toronto so I stayed faithful to my team.

In grade 8 at Eamer's Corners Public School I was the only girl who played hockey with the boys on our outdoor rink. That is me in the photo below.



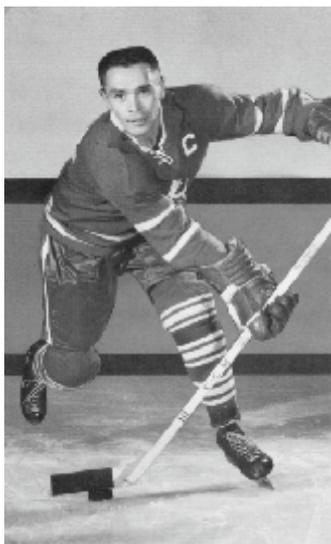
The next time I played hockey was 1968 at the Kemptville College Royal. The Junior Girls played the Senior Girls. It was challenging for we ladies due to our

figure skates and that annoying little pick on the front of our blades. I have the scars to prove it. When I think about those days, the only equipment we had was shin pads, kneepads, hockey gloves and a CCM wooden straight blade stick from Canadian Tire. Thank goodness it wasn't contact because there would have been a lot of us with concussions.

You may wonder why I am writing about hockey in May. Well, the playoffs are on and hockey will probably be played until June this year. The regular season games are from October to April.

Do you remember where you were May 19, 1974? I do. I was in the hospital giving birth to my first son, Todd. I watched the Stanley Cup game along with other mothers and our new babies in the evening.

Boston Bruins and Philadelphia Flyers were playing. The Flyers were the winning team. They were the first expansion team to win the Stanley Cup. The expansion started in 1967 with six more teams being added to the original six. Who were your favourite players back then? Here are a few of mine.



George Armstrong played for the Toronto Maple Leafs. He scored the winning goal for the Leafs eleventh and last Stanley Cup. He was their team captain for 13 seasons and played with Red Kelly, Dave Keon, John

Bower and Tim Horton.



Bobby Hull played for the Chicago Black Hawks. He wore number 9 shirt as a tribute to his childhood idol, Gordie Howe. His nickname was “The Golden Jet”. He was a great left-winger who

often had two opposing players assigned to shadow him. His speed on skates (29.7 mph) and feared slap shot (118.3 mph) helped him in 1961 to win the Stanley Cup for Chicago when he was only 22 years old.



Marty, Gordie and Mark Howe

Gordie Howe (also number 9 shirt) played right wing for five decades in the NHL. He helped the Detroit Red Wings win the Stanley Cup four times. He played hockey with his sons, Marty and Mark for the WHA in 1973. He continues to hold the record for playing the most games in a season. Gordie retired from playing professional hockey at age 52. You have probably heard of the “Gordie Howe Hat Trick” – it is a goal, an assist and a fight in the same game.



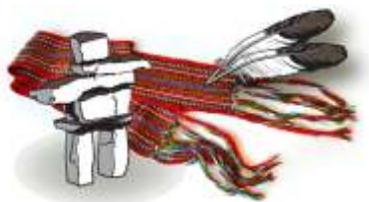
Rocket Richard, Captain of the Montreal Canadiens, with Coach Toe Blake and the Stanley Cup.

continued on page 24

Aboriginal Awareness Week

What is Aboriginal Awareness Week?

Aboriginal
Awareness
Week



Aboriginal awareness week was created in 1992, designed to increase awareness of Aboriginal cultures within Canada, including the Métis, the Inuit and First Nations. It is held on the four days that follow the Victoria Day long weekend. This year's celebration begins May 19 – 22, 2015. It will be a government wide celebration allowing individuals within the community to participate in activities that honor the diverse Aboriginal cultures within Canada.

History of Aboriginals in Canada

North America's Aboriginal people were the first humans to reside in the America's with the essential skills to survive in harsh environments. Aboriginals created a way of living that focused on utilizing the earth's natural resources for health and nutrition. Initial contact with Europeans created:

- Colonization
- Introduction of new diseases
- Loss of land
- Loss of natural resources
- Significant dietary changes

Currently, there has been a substantial

increase in diabetes and cardiovascular disease among all Aboriginal peoples in Canada.

Non-Insured Health Benefits Offered by Health Canada

- Vision and dental care
- Prescription medication
- Medical Supplies
- Medical equipment
- Mental health crisis intervention

In addition, there are multiple community-based programs that offer support, promote health, and preserve the determinants of health; for example, the prenatal nutrition program.

Determinants of Health

Determinants of health are defined as various factors that affecting the health of individuals and communities.

- Income and social status
- Education
- Social support
- Employment
- Culture
- Gender, etc.

Aboriginal people are directly impacted by the determinants of health, placing them at high risk for poor health status. For instance, the lower income for Inuit's affects the quality and quantity of nutritious food being purchased. Without the consumption of nutritious food, individuals may be more likely of experiencing poor health outcomes.

Nursing Care

For Aboriginals holistic health involves a balance of psychological, spiritual, emotional, and physical aspects of each person. Use of the healing or medicine wheel demonstrates holistic health as the circle formation represents interconnectivity of all aspects of one's being, including connection with the natural environment.

Medicine Wheel



Nursing care must be directed towards providing culturally competent and safe care through respecting the unique health practices of the Aboriginal culture.

From websites Canadian Nurses Association, Government of Canada and World Health Organization and text book sections by Stanhope & Lancaster and Stamler & Yiu

Did you Know?

In 1939, areas of health, education, and social services of the First Nations and Inuit people became governed by the Canadian federal government under the Department of Indian Affairs. Services have now transferred from the Department of Indian Affairs to Health Canada.



Stacey Meyer is a St. Lawrence College student in the dementia studies program. The program requires her to complete a 40 hour field placement. She completed her placement hours at the Gen Stor Dun Lodge which she enjoys. Our residents also benefited from her cheerful personality.



*We do not inherit the land from our ancestors, we borrow it from our children
Indigenous Wisdom*

Council of Family and Friends

SPRING FLING ANOTHER SUCCESS

The Council of Family and Friends is pleased to announce that their annual wine and cheese social "Spring Fling" met their fund-raising goal and raised a total of \$1,721.00. All the tickets were sold and prizes were awarded to the following lucky supporters:

1st prize: Basket of Cheers

Louise Prior, daughter of resident John Daigle and wife, Sylvia (below)



2nd prize: Gifts Cards

Hugh Kyte, brother of resident Norma Gibson



3rd prize: \$100 gas card - Mike Smart



For more of the Spring Fling photos please see page 3 and 4.

Glen Stor Dun Lodge
Council of Family & Friends
Your Council Executives 2015
Back then front row from left
Carol Paschek, Bernie Thauvette
Denise Symington, Henry Kyte
Jeanne Lalonde,
Monica Aquan-Yuen,
Margaret Gordon



Our family volunteers serve as advocate for our residents. They also aim at enhancing quality of life for all who live and work at the Lodge. Please feel free to pick up a pamphlet at the reception desk to find out how to contribute to their cause or make contact with the members.

Art Expression Presents
Janet Kuhnke
April 13 to May 15



Lady Smith Harbour, BC

Many of these paintings share the joys, and experiences of wonderful people I have had the privilege of meeting while living in British Columbia and Ontario; loving and supportive family and friends have helped move these experiences onto canvases. My art education comes from the many artists and people I have met over the years. I am thankful to community classes formal and informal and from many artists that have shared their gifts.

In Human spirit there is an empowerment that comes with colour: Long walks and hikes into the valleys and mountains are a source of inspiration to paint and use colour

I am deeply thankful for creative people in my life, schoolteachers, carpenters, florists, nurserymen, artists and friends

with a passion to create in many different forms. I have been deeply inspired by BC first Nations artists working in both traditional and non-traditional art forms. I am very thankful to Ed Peekeekoot who taught me about light, shadows and the source of energy. Janet is from Maxville, Ontario and spent 20+ years on Vancouver Island; the ruggedness and beauty has influenced her works. As well as selling her paintings professionally, Janet has donated to charities to support care of women and children.

Thought for today

Care of the spirit is essential in the world. Beauty, colour and images are one of the ways we can nurture our heart and soul. Care for your spirit gently. - Janet



New Life (oil)
\$175 (sold)

Janet has graciously donated all proceeds from the sale of these paintings (as marked) to the Resident Council

Solutions/Connections

continued from page 19

Maurice “Rocket” Richard was also a right winger and had number 9 shirt for the Montreal Canadiens. He retired in 1960 with 544 goals, 82 of those in the play offs. The Rocket was the first NHL player to achieve 50 goals in 50 games. During his career he had several injuries including a broken ankle, broken cheekbone and severed Achilles tendon. The “Richard Riot” in Montreal during the 1954-55 season was the result of a violent on-ice incident by the Rocket. NHL President Clarence Campbell suspended him for the remainder of the season and playoffs. Montrealers were not impressed. They rioted in the streets. Other team mates included Jacques Plante, Toe Blake and Jean Beliveau.

These are some of my memories. I know as Canadians we love our game of hockey whether we are playing it or watching it. Our favourite winter sport helps to make our longest season pass quicker. My grandson, Owen, believes the Montreal Canadiens will win the 2015 Stanley Cup and Carey Price will be a playoff star. We'll wait and see.

Now let's get out our golf clubs and start swinging. It has been a long, cold winter for we hockey fans.

Réponses (p. 9)

CHARADES

- A) Commentaire (co-ment-taire)
- B) dégueulasse (dés-gueule-asse(z))

QUIZ/LES FLEURS

- a) poinsettias
- b) trille
- c) lys
- d) tulipe
- e) lilas
- f) jonquille
- g) violette
- h) rose
- i) œillet
- j) marguerite

DEVINETTES

- A) Guy et l'épouse de Roger sont frère et sœur.
L'épouse de Paul est la sœur de l'épouse de Guy.
- B) le soleil et la lune.

Answer
for page 28

Mini Crossword

C	U	R	B
O	P	A	L
C	O	K	E
A	N	E	W

Shirley Ross Brings Comfort Food



Some Volunteers share their time, some share their talent, and some (yummy) share their baking. Every Wednesday morning for the past year, Shirley Ross has been bringing her signature chocolate chips cookies to the Millionaires' Club, a quiz game conducted by Bernie Thauvette. I always say these cookies are worth millions, as Bernie never pays up when our residents won their Million dollar quiz game. I can only surmise that our residents are getting paid by cookies!

Shirley makes more than cookies. Once in a while, she would bring her deliciously moist banana loaf. She was happy to share the recipe with our readers.

In addition to supplying baked goods, Shirley also assists with Family Council activities. In the photo above, she was selling raffle tickets for the annual Wine and Cheese Social.

BANANA LOAF

Temperature: 350 degrees

Time: 1 hour 15 minutes

Ingredients

1 $\frac{3}{4}$ cups all purpose flour

2 teaspoons of baking powder

$\frac{1}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup shortening (oil)

$\frac{2}{3}$ cup sugar

2 eggs slightly beaten

1 cup ripe mashed bananas (2 to 3 bananas)

1 teaspoon of lemon juice

Direction:

- Sift together flour, baking powder, baking soda, and salt.
- Cream together shortening (or oil) and add sugar;
- Add well beaten eggs.
- Blend in bananas and lemon juice.
- Combine two mixtures in three additions, beating smooth after each addition.
- Bake in oiled loaf pan 9" x 5" x 3",
- Cool in pan for 15 minutes before removing.



Funny Page

Barbecuing Rules



We are about to enter the summer and BBQ season.

Therefore it is important to refresh your memory on the etiquette of this sublime outdoor

cooking activity, as it's the only type of cooking a 'real' man will do, probably because there is an element of danger involved.

When a man volunteers to do the BBQ the following chain of events are put into motion:

Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand.

Here comes the important part:

- (4) THE MAN PLACES THE MEAT ON THE GRILL.

More routine....

- (5) The woman goes inside to organize the plates and cutlery.
- (6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he

deals with the situation. Important again:

- (7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

More routine....

- (8) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.

- (9) After eating, the woman clears the table and does the dishes.

And most important of all:

- (10) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.

- (11) The man asks the woman how she enjoyed "her night off." And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.

VEGETARIAN
(veg·e·tar·i·an) n:

**Old Indian Word
For Bad Hunter**

Breaking In

A man went to the police station wishing to speak with the burglar who had broken into his house the night before.

"You'll get your chance in court," said the desk sergeant.

"No, no, no!" said the man. "I want to know how he got into the house without waking my wife. I've been trying to do that for years!"

Yvon Duplantie Hoists the Sandbag Crown



Yvon Duplantie has reached the pinnacle of the Sandbag circuit here at the lodge. He has always shown flashes of talent but has more recently become more of a regular player; and the rest is history. Yvon showed off his skill in April, capturing the top two scores here at the Lodge while establishing himself as player to be noticed. Yvon's 1570 and 1530 would be considered high end scores in any month and he deserves all of the attention that comes with it. Excellent work Mr. Duplantie. Competition was at a premium for Yvon as none other than Bruno Massie led the charge from the runner up position. Bruno was successful in putting up scores of 1480 and 1430 just to make things interesting. Here is a look at some others to make headlines in recent play. Agathe Jolicoeur 1110, 1100, Jeanette Fournier 1040, Therese Carriere 1040, Marc Dicaire 1010, 1010 and Joyce Ruest 1010.



Rocky Lalonde posts personal best at Nativity

Rocky Lalonde was the man of the hour in our most recent trip to the Nativity Bowling lanes. Rocky lit up the lanes with his "A" game while

going on to post a personal best in the process. A 190 point effort definitely deserves some recognition. He was as consistent as they come on his way to claiming victory for the first time. Perhaps the best battle of the day wasn't for first place but rather for the runner up position. After jockeying for the upper hand throughout, Reg Lalonde and Leo Paul Bergeron finished at a dead heat with 156 points apiece. These guys may have to pick things up where they left off before things are settled. Other great scores from that day included Anita Reed 153 and Brian Gignac 133.

Theresa "Bullseye" Carriere



In a month where only 9 bullseyes were hit, Theresa Carrier definitely found her rhythm as she hit for 4 of them. As if Theresa's 4 bull's

weren't enough, she put up high scores of 70 and 72 for that added exclamation point. Here is a list of other residents that made the highlight reel for either the bull or high score department. These folks have put up bullseyes, high scores or in some cases both. Take a look at the headliners for the month of April. Bruno Massie 1(70), Hattie Armstrong 1, Jeanette Fournier 1, Joyce Ruest 1, Dorothy Leroux 1, Roch lalonde 78 and Anita Reed 73.

SEARCH-A-WORD

HOW TO PLAY:

The words in the puzzle can be found either horizontally, diagonally, or even backward. Find them and CIRCLE THEM.

Sample word: CARE

- | | |
|--------|--------|
| BEST | INJURY |
| CALM | SCOPE |
| CAP | SICK |
| DRUGS | STUDY |
| FEEL | TEACH |
| GENTLE | TESTS |
| HEALTH | TRUST |
| HIRE | WASH |

S	G	U	R	D	E	P	A	R	T	M	E	N	T	S
R	N	E	T	E	S	T	S	T	A	T	I	O	N	S
E	I	(E)	N	H	H	Y	R	A	S	S	E	C	E	N
D	S	(R)	E	T	C	E	P	O	C	S	A	H	O	O
I	R	(A)	T	M	L	A	P	I	L	L	S	I	S	I
V	U	(C)	E	C	E	E	E	A	M	A	T	L	N	T
O	N	H	P	O	E	R	T	T	W	O	E	L	A	A
R	I	T	M	U	F	I	G	R	V	T	S	N	I	C
P	F	L	O	R	P	T	E	E	R	S	T	E	C	I
I	O	A	C	S	H	D	D	A	N	I	U	S	I	D
N	R	E	O	E	I	U	I	T	H	C	D	S	S	E
J	M	H	R	S	T	N	R	M	I	K	Y	L	Y	M
U	P	A	D	I	I	U	N	E	R	D	L	I	H	C
R	P	E	E	N	S	E	C	N	E	I	T	A	P	A
Y	B	S	G	T	B	E	S	T	N	E	I	T	A	P

Mini Crossword

Mini Crossword

Clues:

Horizontal

- Side of Road
- Gem Stone
- Coal
- Again

Vertical

- Cola Start
- Once ... a Time
- Garden Tool
- Put out a Candle

1	2	3	4 B
2			
3			
4	N		

Answers on page 24

Glen Stor Dun Lodge Community Outreach Services

Serving the Community since 1988



Au service de la communauté depuis 1988

The Senior and Special Day Away Programs are non-profit services that give frail Seniors, Adults living with physical disabilities and persons living with Alzheimer's or other related Dementias, a day of fun and socialization. The programs are offered through the Community Outreach Services Department at the Glen Stor Dun Lodge.



MEALS ON WHEELS
CORNWALL

The Meals on Wheels Program is a non-profit service provided by the Community Outreach Services at the Glen Stor Dun Lodge. Nutritious meals are delivered by Cornwall Meals on Wheels volunteers to people who are unable to attend to their own meal preparation but wish to continue living independently in the community.

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