

November / Novembre 2015
Lodger

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

LES ANÉS D'AUJOURD'HUI
LEUR VIE, LEUR FAÇON D'ÊTRE
AVEC NOTRE AIDE



Glen Stor Dun Lodge - Cornwall

Compassion: Knowledge • Integrity • Teamwork • Commitment • Accountability
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



To advertise in the Lodger
call or email Matt Jans at:

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Dre Rebecca Bossé



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The Lodger

November 2015



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A Fond Farewell to Erik Sesbreno, Dietitian Extraordinaire



Erik has been chasing his dream to work with professional athletes since he entered dietetic school. Five years ago, he decided to continue his studies and earn a diploma from the internationally renowned Olympic Committee in Sport Nutrition. During the ten years he spent serving our residents at the Lodge and other local homes, he also provided private consultation to varsity teams of colleges, universities and para-athletes.

His passion for sport, his education and training and experience made him the best candidate to provide clinical nutrition

support to our finest and most promising athletes in Canada.

Erik has been recruited by the Canadian Sports Institute of Ontario as their Sport Nutritionist. He will be working with both able body athletes as well as para-athletes. Erik will be a part of the Integrated Support Team which consists of members of sport science and sport medicine disciplines such as physiotherapist, physiologist, bio-mechanics and strengthening and conditioning coach. He has been assigned to the senior program that prepares the athletes for the World championships and Olympic Games. He will be specializing in rowing, canoeing and kayaking, cycling as well as wheelchair rugby. His job is to analyze the nutritional needs of these athletes according to their chosen sport and to prescribe whole food dietary supplement that will help high performance athletes perform optimally during training and competition.

Erik is one of approximately twenty elite sport nutritionists actively employed in this specialized field in Canada. While we are all sad to see him go, we are also proud of his achievement. Whenever the next Canadian athlete stands on the podium to accept his or her medal, we will think of Erik, dietitian extraordinaire. We wish him well.

Real Men Do Crafts



And I am not talking about craft beer. Most people would think that arts and craft are activities for the fair sex. It is not the case at the Lodge. At the last craft program, three men

turned up to check out what the fuss was all about. Reg Lalonde (above) is grinning ear to ear showing off his creation of a scarecrow, just in time for Halloween.



Behind Fleurette Beauregard with her scarecrow is Rock Lalonde who said, "This is fun!" Leonard Godard is the other resident who didn't mind joining the group and enjoying the chit chat around the craft table.

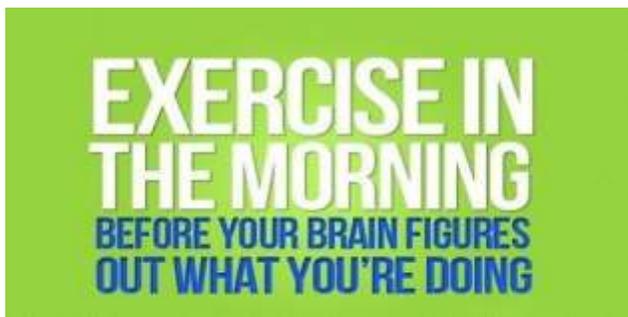


Here are two of our regular participants. They needed little help to accomplish their project. Perhaps some lucky little grandchildren will get a scarecrow as a Halloween treat.

Physical Exercise Part of Holistic Care



Margaret Meyer and Sylvio Gareau are frequent visitors to our gym. They know that the physiotherapy department is all for helping our residents to increase strength, balance and range of motion. This NuStep® recumbent bike is designed to do all that. It will also help to improve flexibility, reduce stiffness and thereby enhance ability to do daily activities.



Life at the Lodge

Fall Leaves Tour

Fall is such a wonderful time of the year. It's not too hot or too cold, many sunny days and trees in hues of red, orange and gold. It is the best time of the year to take a road trip to experience this vibrant landscape. On a sunny afternoon, we packed the bus with some of our residents to visit the Long Sault Parkway. Everyone savored the remnants of a summer gone by.



Heading on to the bus from left are Helmut Dreschler, Yvon Desrosiers and Yvon Duplantie



Georgette Serviss waved a cheery goodbye



Approximately 20 residents went on this sightseeing trip.

Code Brown – Hazardous Material / Chemical Spill



Our facility uses a variety of chemicals such as solvents, disinfectants, fuel, or any number of other substances as part of the operation. Any spillage might cause damage to the

property or injury to the workers. As part of the risk management, these spill kits are purchased and stored on each floor in case of an acid. Staff members like Jeff Laframboise in the photo, are trained to utilize the kit to manage spill hazard.

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

Nursing Student Promoting Infection Prevention & Control Best Practices

Ahmed Saeed is a 3rd year BScN student from Laurentian University completing a 72 hour clinical placement with Jennifer Archambault, Infection Prevention & Control Officer. His clinical placement began September 14, 2015 and ended October 27, 2015.

Ahmed was offered opportunity to learn about infection control surveillance, isolation equipment, vaccine ordering & vaccine storage and handling protocol (cold chain management), outbreak management, hand hygiene training and audits, and Immunization.

While Ahmed gained experience for his practicum, the Lodge also benefited from his time, input, commitment and energy.



In this picture, Ahmed was awarding Dietary Aide Derek Mason with a gift certificate for participating in Hand Hygiene training in October 2015. Jennifer is standing behind the men with a thumbs up for both their efforts.



Ahmed is completing a hand hygiene audit on PSW Ashleigh Vivarais.

Hairdressing Service Received Full Compliance Report

The Eastern Ontario Health Unit is mandated to inspect all personal service settings within its territory. These include hair salons, barbershops, aesthetics parlours, and body piercing



and tattooing parlours. The inspections minimize the risk of infection for both clients and personal service workers during the delivery of services.

Congratulations to Lise, Corry and Suzanne for a job well done.

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Caregiver Corner

Please Hear What I am not Saying (adapted)

Don't be fooled by me. Don't be fooled by this mask that I wear.

For I wear a thousand masks and none of them are really me.

Masks that I'm too afraid to take off, fearing that you'll get to know me.



Pretending is an art that is second nature to me.

I'm pretending that I am in command and that I need no one.

That I'm cool and that

my surface is so smooth and I cannot be shaken by anything. I act as if I am in control, but please don't for one moment be fooled by my surface, that's only my mask.

Beneath this mask lies no smugness, no complacency.

Beneath this mask dwells the real me in confusion, loneliness, and fear.

But I don't dare tell you that.

I don't dare tell you that this is my mask.

I'm frightened by all the possibilities of my weaknesses being exposed.

I think about it all the time. Will I look like a fool?

That's why I work frantically to create this mask to hide behind in my relationship with people.

This nonchalant, sophisticated facade

helps me pretend and shields me from the glance that knows me. But ... such a glance is precisely my only salvation.

It's my only salvation if, however, the glance is followed by acceptance and love.

It's the only thing that can liberate me from myself, from my own self-built prison ...

from the barriers that I have so painstakingly created.

It is only that glance that will assure me of what I cannot assure in myself and, that is, that I am really worth something.

But I don't tell you this. I don't dare to. I'm afraid to.

I'm afraid that your glance will not be followed by acceptance and love.

I'm afraid that you'll think less of me...that you'll laugh and that your laugh would kill me.

I'm afraid that deep-down I am nothing.

That I'm just no good and soon you're going to find out and you'll no longer love me...that you'll reject me.

So I play my game.

My desperate, pretending game with the facades of assurance from without and that of a trembling little child from within. And my life becomes a front.

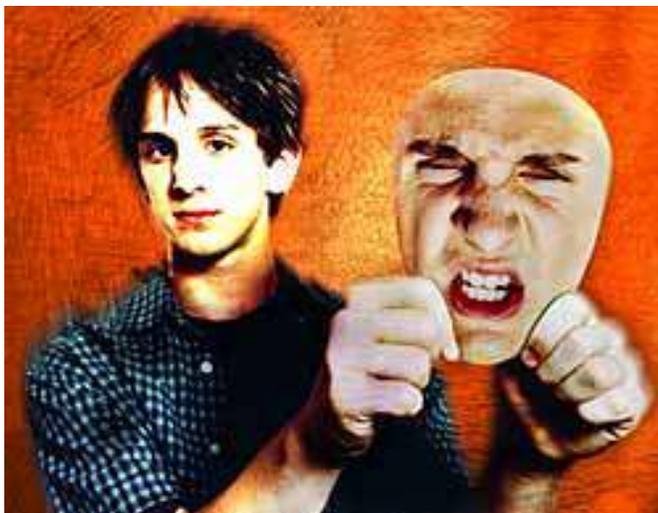
And I idly chatter to you in suave tones about anything that really means nothing.

And yet I can never tell about the crying
inside of me ... of my greatest hurts ... of my
deepest fears
... my concerns.
I can't tell you that because I am afraid.

So please listen carefully not to what I am
saying ... but to what I am not saying.
To what I'd like to be able to say. And what,
for my very own survival, I need to say.

I dislike this hiding ... honestly.
I dislike this phony, superficial game I'm
playing.
I really would like to be genuine and
spontaneous and me.
But you've got to help me.
You've got to hold out your hand.

You've got to hold out your hand even when
it appears to you that it's the last thing I want
from you, because I am going to share a
secret with you about myself;
The moment I act like I need you the least is
the moment I need you the most.



Don't be fooled by this mask. When you
see anger in this mask, don't be fooled for
one second ... that's not anger, that's hurt.
The mask of anger is easier to show than
the mask of hurt.

And if we make the error of looking at
people's masks only to see anger on their
face, we may end up in a confrontation
only because we missed the point.

You have the power to wipe away this
blank stare of the "breathing dead" beneath
this mask.
It will not be easy for you.
Long felt hurts make my masks endure.

The nearer you approach me the harder I
may strike back.
Irrationally, I fight against the very thing
that I cry out for - my identity.

You may wonder who I am. You shouldn't.
Don't be fooled by the face I wear.
I am someone you know very well.
I am every man and woman and child.
I am you.

Charles C. Finn
September, 1966

*Listening is the art that requires
attention over talent,
spirit over ego,
others over self.*
~ *Dean Jackson*

Visiteurs qui incommodent

Vous est-il déjà arrivé qu'un visiteur s'emmène chez vous dans la soirée et ne sait pas quand partir alors que vous vous endormez et préféreriez aller vous coucher ? Eh bien, j'ai déjà vécu une telle situation. Comme je suis poli, j'avais enduré cette présence importune jusqu'à minuit et quelques poussières. Notez que je suis très sociable et que j'aime, d'ordinaire, la conversation. Cependant, trop, c'est trop. Si j'avais été plus délégué à l'époque et avais eu la présence d'esprit de faire comprendre subtilement à mon visiteur que c'était pour lui le temps de partir, j'aurais pu jouir d'une pleine nuit sommeil.

Il y a belle lurette de cet incident et comme je me suis assagi avec les années, j'ai devisé un plan pour ne plus me faire prendre les culottes baissées. Si jamais une telle chose vous arrive, voici ce que vous pouvez faire. Regardez votre montre souvent, disons à toutes les minutes. Si votre visiteur ne comprend pas la signification de ce geste, mettez-vous à bâiller. Non pas de petits bâillements étouffés mais de beaux grands bâillements comme dans l'expression

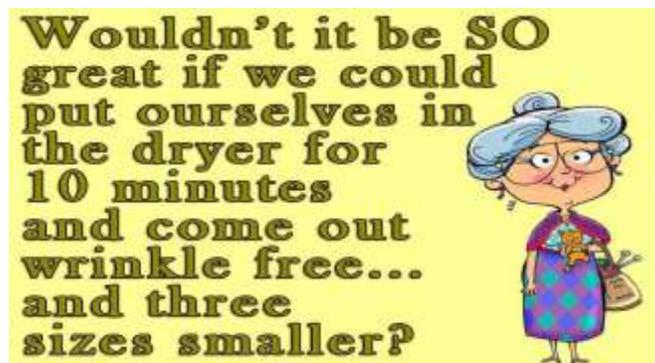


« bâiller aux corneilles ». Il est toujours là ? Voila bien une tête dure ! Faites dévier la conversation et dites : « J'ai lu quelque part dans une revue médicale que l'espérance de vie chez les couche tôt est nettement supérieure à celle des couche tard. » « Il ne part toujours pas ? L'imbécile ! Fabriquez une excuse pour aller sur le perron ou la terrasse telle que « je crois que je viens d'entendre une sirène de pompier. » Mettez du temps à revenir. Il est toujours là ? Il est vraiment tenace ! Eh bien, aux grands



maux, les grands moyens. Excusez-vous une autre fois. Prenez congé de votre visiteur et allez droit à votre chambre. Revenez en pyjamas. L'affaire est dans le sac, c'est garanti. Il placote toujours, vous dites ? Quel niais ! Mettez la gêne de côté et allez-y hardiment, droit au but. Dites-lui : « Je vais me coucher, mon vieux. S'il te plaît, ferme les lumières au bas de l'escalier quand tu sortiras. »

Que pensez-vous de mon plan ?



RIONS...RIONS...RIONS

Un employé d'une grande entreprise prend le téléphone et dit :

- Allô poulette, grouille ton beau p'tit derrière, monte-moi un café et un croissant et plus vite que ça, belle crotte.

A l'autre bout de la ligne, une voix très masculine répond :

- Espèce de con, tu t'es trompé de numéro. Tu sais à qui tu parles, mon drôle ? Au directeur général !

Alors l'employé dit :

- Et toi, vieille carcasse, tu sais à qui tu parles ?

- Non !

Alors l'employé (soulagé) répond :

- Ouf ! Tant mieux. Un gros bec sale à toi, mon gros épais !

CHARADES

A) Mon premier réfère à la couleur de la peau, le visage surtout.

- Mon deuxième est un adjectif possessif de la deuxième personne

- Mon troisième est une flaque d'eau.

- Mon tout est un ensemble de bruits insolites.

B) Mon premier est une note de la gamme
- Mon second est ce que coûte une marchandise.

- Mon troisième est un verbe qui veut dire « fair venir » à la 3e pers. du présent.

- Mon tout est un reproche fait à quelqu'un.

QUIZ/LES APÔTRES. QUI SONT-ILS

a) Ils sont les deux premiers apôtres à suivre Jésus.

b) Il est aussi connu sous le nom de Lévi.

c) Il était cousin de Jésus, du même âge mais légèrement plus vieux.

d) Il aurait écrit l'Apocalypse.

e) Ils sont les apôtres de la Transfiguration.

f) Il tenait les cordons de la bourse (i.e. trésorier).

g) Il était le plus instruit.

h) Il était un Zélote.

i) Son nom juif était Bar Talmaï.

j) Il a dit à Jésus : « Montre-nous le Père. »

k) Il était frère de l'apôtre Jean.

l) Il remplaça Judas après la mort de ce dernier.

m) Il était le frère de Jude.

ANIMAUX

a) femelle du singe ?

b) femelle du lièvre ?

c) femelle du porc ?

d) femelle du canard ?

e) femelle du cerf ?

*Moins de haine, moins de guerre,
Moins de larmes et moins de sang,
Moins d'espoir d'être puissant,
Moins de pouvoir et moins d'argent,
Et plus de sentiments.*

- Michel Berger

PRIÈRES POUR LES ÂMES DU PURGATOIRE



~ mon Dieu, daignez accorder aux âmes qui souffrent dans le Purgatoire la rémission de tous leurs péchés, afin qu'elles obtiennent, par nos pieuses supplications, le pardon qu'elles ont toujours désiré; Vous qui réignez avec Dieu le Père en l'unité du Saint-Esprit. Ainsi soit-il.

~ mon Dieu, soulagez ces pauvres âmes. Écoutez leurs gémissements et ayez pitié d'elles; s'il vous plaît Seigneur. Ainsi soit-il.

~ Délivrez, Seigneur, les âmes des fidèles qui sont morts et qui ne jouissent pas encore de la douceur et de la beauté du Ciel. Envoyez, s'il vous plaît, votre Archange pour essuyer leurs larmes et les conduire dans cette sainte lumière. Ainsi soit-il.

~ Mon Dieu, je participe au saint Sacrifice de la Messe, pour céder aux âmes du Purgatoire tout le fruit que je puis en retirer, et leur obtenir le repos, le salut et le bonheur de vous glorifier au plus tôt dans le Ciel. Ainsi soit-il.

2 Corinthiens 5:10 La Bible du Semeur (BDS)

¹⁰Car nous aurons tous à comparaître devant le tribunal du Christ, et chacun recevra ce qui lui revient selon les actes, bons ou mauvais, qu'il aura accomplis par son corps.

How to Have a Good Day

You think this is just another day in your life. It's not just another day. It's the one day that is given to you today. It's given to you. It's a gift. It's the only gift that you have right now. And the only appropriate response is gratefulness. If you do nothing else but to cultivate that response to the great gift that this unique day is, if you learn to respond as if it were the first day in your life and the very last day, then you will have spent this day very well.

Begin by opening your eyes and be surprised that you have eyes you can open, that incredible array of colors that is constantly offered to us for our pure enjoyment. Look at the sky. We so rarely look at the sky. We so rarely note how different it is from moment to moment with clouds coming and going. We just think of the weather and even of the weather we don't think of all the many nuances of weather. We just think of good weather and bad weather. This day right now is unique weather, maybe a kind that will never exactly in that form come again. The formation of clouds in the sky will never be the same that is right now. Open your eyes. Look at that.

Look at the faces of people whom you meet. Each one has an incredible story behind their face, a story that you could never fully fathom. Not only their own story, but the story of their ancestors. We all go back so far. And in this present moment on this day all the people you

meet, all that life from generations and from so many places all over the world flows together and meets you here like a life-giving water if you only open your heart and drink.

So these are just a few of an enormous number of gifts to which we can open your heart. So I wish you that you would open your heart to all these blessings and let them flow through you, that everyone whom you will meet on this day will be blessed by you, just by your eyes, by your smile, by your touch. Just by your presence. Let the gratefulness overflow into blessing all around you. Then it will really be a good day.

~Brother David Steindl-Rast

Church Services for November
Mass and/or Catholic Celebration.

Every Saturday at 10:00 a.m.

November 7	Deacon Marcel Aubé
November 14	Deacon Maurice Poirier
November 21	Deacon Romeo Lefebvre
November 28	Father Emmanuel

Protestant Services

Every Thursday at 11:00 a.m.

November 5	Oren & Glenda Cole Salvation Army
November 12	Rev. Russel Bates Pentecostal Church
November 19	The Ven. Frank Kirby Anglican
November 26	Hymn Sing

Coming Events:



Remembrance Day Ceremony
Baking
Crafts

Accreditation In Service-
Fall Prevention Education
& Risk Assessment Form

November Birthday Wishes:

Jeannine Duffy-Nov. 15

Lucien Mondoux-Nov. 20

What we've been up to:

Accreditation
Accreditation
Accreditation

Day Away staff would like to say a special thank you to the military, past & present, for their sacrifices that has given us the freedom we enjoy.

They shall grow not old, as we that are left grow



old:

Age shall not weary them, nor the years condemn.

*At the going down of the sun and in the morning
We will remember them.*

-Robert Laurence Binyon (1869-1943)

Pumpkins Carving Party

These Outreach clients joined in some fun with our residents' craft program for October. The pumpkins were donated by Marlin's Orchards and Farm Boy.

Below is Outreach recreation staff Ashley Hagan who assisted Mary Carter with the creation of a pretty wild pumpkin.



Vivian Larue, below, paid keen attention to drawing in a pair of eyes so her pumpkin can see.



Spiritual Care Volunteers Attended Active listening Workshop



Three of our spiritual care volunteers Lorraine Gauthier, Rena Cross and Paul Emile Lacroix attended a workshop entitled “Active Listening” that was held at St. Joseph Continuing Care on September 26th, 2015.

The workshop was presented by Dr. Sally Grant, a retired psychologist (third from the left in photo). The focus of her presentation is to help strengthen insight and skill-building in this key aspect of the “ministry of presence and listening”. The poem entitled “Please hear what I am not saying (adapted)” was part of the focus of discussion. The poem is printed on page 6 and 7 in this issue of the Lodger.

The free workshop was sponsored by the Pastoral Outreach Program which one of the mandates is to provide training to those who are involved in visitation or pastoral care work.

Dr. Sally Grant's presentation was informative, insightful and enjoyable. Our thanks to Joanne Stride who organized this event.

Volunteer Verna Givogue Assisted with Decorating Pumpkins (donated by YIG)



Jan Fournier is very proud to show off her Pinocchio – a pumpkin with a super long nose.

Flu Shots and Volunteers



Public Health has made it a requirement for facilities to collect statistics regarding vaccination. Therefore we ask our volunteers to provide a certificate or proof of immunization. While flu shots are not mandatory for Lodge volunteers, we strongly advise you to get immunized. It will help reduce the risks it poses to our residents and staff.

In Memoriam

Remembering our departed Residents

Lucinda Gordon

John Feeley

Wednesday 4	Thursday 5	Friday 6	Saturday 7
10:00 Millionaires Club (4) 10:00 Sensory Magic (3) 10:00 UNO (Cornwall) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 01:30 Les Gailurons (TR) 04:00 Walk & Roll (Cornwall)	10:00 Care Conferences 11:00 Church Service: Salvation Army (Chapel) 11:45 Bistro (TR) 01:30 Family Council Education Session (TR) 02:00 Afternoon Social (3) 02:00 Tea & Trivia (Dundas) 02:30 News & Views (Cornwall) 04:00 Corvettes (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 3rd Group 2 Breakfast (TR) 09:30 Audiology Clinic (4) 10:00 MAP-Sandbags (Cornwall) 10:30 2&3 Sing a Long (Chapel) 02:00 Remembrance Day Service (Chapel) 03:45 House & Home (Dundas)	10:00 Liturgy of the Word with Deacon Marcel Aube (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 11	Thursday 12	Friday 13	Saturday 14
REMEMBRANCE DAY 	10:00 Care Conferences 11:00 Church Service: Pentecostal (Chapel) 11:45 Bistro (TR) 02:00 Resident Services Staff Meeting 04:00 (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 Seaway Breakfast (TR) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 10:30 2&3 Sing a Long (Chapel) 02:00 Food & Nutrition Meeting (TR) 03:45 House & Home (Dundas)	10:00 Liturgy of the Word with Deacon Maurice Poirier (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 18	Thursday 19	Friday 20	Saturday 21
10:00 Millionaires Club (4) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Music with Johnny M 04:00 Walk & Roll (Cornwall)	10:00 Care Conferences 11:00 Church Service: Anglican (Chapel) 11:45 Bistro (TR) 02:00 Birthday Party with Vern & Friends (TR) 04:00 Corvettes (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 Cornwall Breakfast (TR) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 10:30 2&3 Christmas Choir Practice (Chapel) 02:00 2&3 Darts (Pub) 02:00 Treat Trolley (3) 02:00 Sandbags (4) 03:45 House & Home (Dundas)	10:00 La Messe/Mass avec Deacon Romeo Lefebvre (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 25	Thursday 26	Friday 27	Saturday 28
10:00 Millionaires Club (4) 10:00 Sensory Magic (3) 10:00 UNO (Cornwall) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Hill's Angels Choir (TR) 04:00 Walk & Roll (Cornwall)	10:00 Care Conferences 11:00 Hymn Sing (Chapel) 11:45 Bistro (TR) 02:00 Happy Hour with Rick (TR) 04:00 Corvettes (Cornwall) 06:00 MAP-Sandbags (Dundas)	08:00 St. Lawrence Breakfast (TR) 10:30 2&3 Christmas Choir Practice (Chapel) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 01:30 Tea Room Christmas Decorating 03:45 House & Home (Dundas)	10:00 Liturgy of the Word with Pere Emmanuel (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)

November 2015



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Best Wishes/Bonne Fete

November
2015



<i>Gladys MacDougall</i>	<i>November 04, 1922</i>
<i>Sylvio Gareau</i>	<i>November 04, 1935</i>
<i>Alvine Fishwick</i>	<i>November 05, 1930</i>
<i>Elizabeth Tinkess-McDonald</i>	<i>November 08, 1932</i>
<i>Roger Varin</i>	<i>November 09, 1927</i>
<i>Leon Lemire</i>	<i>November 10, 1925</i>
<i>Marie Beckstead</i>	<i>November 10, 1931</i>
<i>John Cameron</i>	<i>November 15, 1946</i>
<i>Goldie Ross</i>	<i>November 17, 1924</i>
<i>Rodolphe Charlebois</i>	<i>November 17, 1924</i>
<i>Lillian Aiken</i>	<i>November 19, 1925</i>
<i>Lauretta Lascelle</i>	<i>November 22, 1924</i>
<i>Shirley Warner</i>	<i>November 22, 1925</i>
<i>Roger Brunet</i>	<i>November 25, 1935</i>
<i>David Hutchinson</i>	<i>November 28, 1935</i>
<i>Sylvestre Lehays</i>	<i>November 29, 1923</i>
<i>Leonard Godard</i>	<i>November 30, 1921</i>



ANNIVERSARY

Harvey & Lorraine Barkley ~ November 5, 1960
Roger & Margaret Varin ~ November 26, 1949

The monthly birthday party is sponsored by St. John Presbyterian Church
It will be held on November 19, 2015, 2 pm at the Tea Room
Entertainment by Vern & Friends

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SOCIAL ENTERTAINMENT

- November 4 Music with
Les Gailurons
- November 10 Music with Mario
- November 17 Singalong with Georgie
- November 18 Music with Johnny M
- November 19 Birthday Party with
Vern & Friends
- November 24 The Cloggers
- November 25 Hill's Angels Choir
- November 26 Happy Hour with Rick

FUN & GAMES

- November 3 Kinette Bingo

OUTINGS

- November 16 3rd Floor Lunch Bunch
- November 23 4th Floor Lunch Bunch
- November 30 2nd Floor Lunch Bunch

OTHER

- November 5 Family Council
Education Session
- November 6 Audiology Clinic
- November 6 Remembrance Day
Service
- November 13 Food & Nutrition Mtg.
- November 24 Resident Council Mtg

November's birthstones are the topaz (particularly, yellow) which symbolizes friendship and the citrine. Its birth flower is the chrysanthemum.



In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies
grow
In Flanders fields

Written by:
Lieutenant Colonel John McCrae
1918

Remembrance Day Service
with the Royal Canadian Legion
Friday November 6th
2:00 pm
GSDL Chapel
All are welcome

Features

Remembering my Family Soldiers



Photo shows the newspaper article Aunt Betty kept. Grandpa as #6037 Barnardo Boy from England, as a soldier in the 89th Battalion from Niagara and before going overseas

This Remembrance Day I am thanking my family members who served in World War 1 and World War 2. I am not from a military family meaning I was not raised on an Armed Forces base. However, due to the timing of the two world wars I have relatives who fought overseas in both of them. Those relatives include my grandfathers, Captain Harry Price and Sergeant Bertram Hill, my uncle, Lieutenant Bud Price, and my Dad, Major Lloyd Hill, D.S.O.

I have a few stories to share with you regarding my grandfathers. Captain Harry Price, Mom's Dad, was injured in France. He was sent back to Canada to recuperate in hospital. While there he met a pretty nurse, Ethel Hilker. They fell in love. When Grandpa returned overseas Grandma gave him her photo and promised to wait for him. When officers enter their Mess (a

Lounge), they respectfully remove their hats and leave them on a table at the door. The best way to recognize their hat was to have a photo of a loved one slipped inside the band. Grandpa went to the Officer's Mess in London, England, left his hat on the table at the door and proceeded to chat with buddies. An angry officer, Dr. Adam Hilker, demanded to know who had a photo of his daughter in their hat? My goodness, what are the odds Dr. Hilker and my grandfather would be at the same Mess at the same time? Well, Grandpa quickly owned up to his good fortune of meeting Dr. Hilker's daughter in Toronto during his convalescence. After some explanations and beverages, the two soldiers started a lifelong friendship.



Captain Harry Price on one of his favourite horses, Brownie

My second story is about my Dad's father, Sergeant Bertram Hill. Grandpa Hill was a Bernardo orphan from England who was sent over to Canada in his teens. He worked on the Stephen's farm in the St. Catharines area.

Grandpa Hill was an honest, hard-working young man who loved his boss's daughter, Mary Stephens. When Grandpa Hill came to Canada he did not register with his correct maiden British name, but rather the name of the family he was living with – the Hill family. Our Hill family do not know what our “true” surname is. Grandpa Hill wrote his sweetheart many postcards before and after going overseas. Of course, the happy tone changed when he was in the trenches of Vimy Ridge. My Aunt Betty has saved and indexed all those postcards. He was wounded twice. The second time he lost part of his left arm including his hand. Prior to the war Grandpa Hill had been promised the Stephens farm as a wedding gift. When he returned from the war in this injured condition, even though he was fitted for a prosthesis, Mr. Stephens changed his mind about giving them the farm. The Great War created many disappointments for many Canadian families.



Peggy Hill, a member of the W.A.C.

My Mom, Peggy Hill, was interviewed by Redbook magazine for a Recruitment article for women to join the W.A.C.'s. We still have a copy of the

article. Mom drove an ambulance in Toronto during the Second World War. She was a member of the W.A.C. – Women's Air Corps.

My Dad, Major Lloyd Hill, D.S.O., served in Italy, France, England and was one of the first Canadian troops to free Holland. He was a dashing young soldier with a great smile, black wavy hair and a zest for life. However, when he came home from the war he was haunted by many flashbacks of battles. The army didn't understand the mental stresses soldiers experienced. My eldest son, Todd Nicholls, was a member of the Royal Canadian Regiment stationed at Petawawa. His only regret before leaving the army was that he didn't receive a posting to Afghanistan. However, as his Mom, my prayers were answered.

So, again, thank you to my family and all the other armed forces soldiers, peacekeepers and volunteers for helping to keep our great country, Canada, free.



*Todd Nicholls,
Royal Canadian Regiment*

Features



Remembrance Day Quotes - by Canadians

John Diefenbaker

I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.

Pierre Trudeau

Our hopes are high. Our faith in the people is great. Our courage is strong. And our dreams for this beautiful country will never die.

Lester Pearson

Whether we live together in confidence and cohesion; with more faith and pride in ourselves and less self-doubt and hesitation; strong in the conviction that the destiny of Canada is to unite, not divide; sharing in cooperation, not in separation or in conflict; respecting our past and welcoming our future.

Paul Kopas

Canadian nationalism is a subtle, easily misunderstood but powerful reality, expressed in a way that is not to state directed -- something like a beer commercial or the death of a significant Canadian figure.

Adrienne Clarkson

We only need to look at what we are really doing in the world and at home and we'll know what it is to be Canadian.

GLEN STOR DUN LODGE COUNCIL OF FAMILY AND FRIENDS SPONSORS DEMENTIA CARE WORKSHOP

Glen Stor Dun Lodge Tea Room

Thursday November 5, 2015

1:30 pm – 3:30 pm

Refreshment served

Topics

Strategies for Visiting Residents with
Late Stage Dementia

Advocacy for Dementia Care in Long
Term Care

Who should attend:

Family members

Volunteers

Anyone interested in knowing more
about Alzheimer Disease

Our speakers:

Laurie Kennedy, Caseworker

Josée Lefebvre, Educator

Alzheimer Society of Cornwall &
District

Please respond to

Linda Geisel

613-933-3384 ext. 4243

lgeisel@cornwall.ca

Council of Family and Friends

Council Put Fundraising Proceeds to Good Use



Our pub's beer fridge has gone kaput. Well! We are not about to serve up warm beer to our residents! Thanks to our Council of Family and Friends who came to our aid. In reality, we really do not need a “beer” fridge. There is not a great demand for alcoholic beverages. However, we do need a regular fridge to store our soft drinks, ice-cream treats and other food items. Here is one of our council members Bernie Thauvette, standing by the newly installed appliance. We sincerely appreciate the effort of our Council of Family and Friends. They do more than providing funds, they continuously advocate on behalf of our residents and hold us accountable for the services we provide.

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 (resigned),
Monica Aquan-Yuen,
Margaret Gordon

Our family volunteers serve as advocates 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.

*Warm Welcome to
New Comer*

*Ronald MacMillan
Garrett Quail
Laurent Regnier*

Residents are Active in All Levels of Government

Residents' Council makes significant contributions in the quality of life for all residents within the home. At the Lodge, we are extremely fortunate to have active, engaged, and enthusiastic Residents who wish to participate and make their voices heard. By virtue of being a resident of the home, all residents are members of the Residents' Council and are encouraged and welcomed to attend and actively participate.



Georgette Serviss, chose to speak out on issues relating to food services and at her request, a future meeting with the supervisor has been scheduled.



Maarit Fernberg, Quality Control

22 Lodger November 2015

Supervisor brought results of satisfaction surveys to the Council.

Voting Counts

Glen Stor Dun Lodge Residents came out in droves to make their voices heard. A total of 59 residents turned up to vote at this year's federal election. That is 46 percent! Hats off to our residents and the election clerks who were so very helpful.



Hattie Armstrong is exercising her democratic right and casted her vote on election day.



Alvine Fishwick, Georgette Serviss and Harvey Barkley lined up patiently for their turn to vote!

Art Expression Presents
Elaine Arkwright
elainearkwright@hotmail.com
613- 938-8315
August 20 to September 15



Elaine Arkwright recalls that her first awareness of art occurred when she visited her Aunt Mary. Her aunt had art work of several media in many rooms, some of which were lined up along her mantel, stacked two or three deep. Elaine still treasures a pastel of herself Aunt Mary drew while watching all the cousins at play.

Elaine always took note of her surroundings, often thinking that a particular scene would make a nice picture. However it wasn't until 2003, when Elaine moved from Montreal to Sarnia, that her interest in art was peaked again. Monthly Art Walks, celebrating many artists and their works, gave the community a chance to meet the artists and get to know more about their styles. Elaine soon realized what she liked in art and wanted to learn more. She befriended many artists at the art

walks and took the opportunity to attend watercolour workshops.



A few years later Elaine moved to Cornwall. This brought her in contact with her cousin Jenn (yes Aunt Mary's

daughter). Now with the distance between them no longer a problem, and both of them retired, the reunion had excited Elaine on a personal and artistic level. Now Elaine can enjoy Jenn's company while painting with watercolour and exploring the world of batik, which is now her passion.

Elaine has been in several juried shows and has won awards for some of her batiks. Some of her treasures have sold and others are in homes of family and friends.



Solutions/Connections

Réponses (p. 9)

CHARADE

- A. tintamarre (teint-ta-marre)
- B. réprimande (re-prix-mande)

QUIZ/LES APÔRTES

- a) André et Pierre
- b) Matthieu
- c) Jude
- d) Jean
- e) Pierre, Jean, Jaques le majeur
- f) Judas
- g) Judas
- h) Simon
- i) Barthélemy
- j) Philippe
- k) Jacques le majeur
- l) Matthias
- m) Jacques le mineur

ANIMAUX

- a) guenon
- b) hase
- c) truie
- d) canne
- e) biche

Answer for page 28

Mini Crossword

S	H	I	P
M	A	D	E
U	S	E	R
T	H	A	T



Seasonal flu is different from the common cold. According to Dr. Paul Roumeliotis, Medical Officer of Health, people need to receive

the flu vaccine every year to be protected because the viruses that cause the flu change frequently. The flu can cause serious illness and even death for some people. “The seasonal flu vaccine is safe and your best protection against the flu. It's free and available for everyone aged 6 months and older.”

Certain groups of people are at higher risk of complications from the flu, and are strongly encouraged to get immunized. These include:

- children 6 months to less than 5 years of age
- people aged 65 and older
- people with chronic medical conditions

The flu vaccine is also highly recommended for people who live with or provide care to someone who is in one of the groups listed above. This simple step could help protect you and those around you.

If you missed the immunization clinic on October 28, you can also get your flu shot at your physician's office or any pharmacies that have been approved by the ministry to participate in the 2015/2016 Universal Influenza Immunization Program (UIIP).

Tina McMartin-Poirier Finds Quick and Easy Recipe for Working Moms



This is Tina, our good natured PSW who works on the 4th floor. In her spare time, as you can see, she enjoys motor cycle riding. She is also a domestic goddess who likes to cook up delicious dishes for her family. As a busy mom, she loves that quick to make up recipes that are nutritious and taste good. She often finds them from “Facebook” and never hesitates to share. This recipe “Pesto Chicken Bake” needs only 4 ingredients and takes no time to prepare. The Lodge test kitchen (editor's house) gives it a big thumbs up. We highly recommend it.



Pesto Chicken Bake

INGREDIENTS:

- 4 boneless skinless chicken breast halves
- 1 ½ cup refrigerated basil pesto
- 2 -3 plum tomatoes, sliced
- 1 ½ cup mozzarella cheese, shredded

DIRECTIONS

Preheat oven to 400 degrees F.
Line baking sheet with heavy-duty foil or spray with oil. Place chicken in the pan. Spread pesto on the chicken (for even coating, you can coat the chicken with pesto in a separate bowl) Top with tomatoes and cheese. Bake for 40 minutes and serve.

“COOKING WELL DOESN'T MEAN
COOKING FANCY.”

—JULIA CHILD

Funny Page



Boris Johnson who wrote a book on the wartime leader Winston Churchill, said that many one-liners are wrongly attributed to the great man. "There are so many true stories about Churchill's behaviour that the false ones have been opportunistically added, by skilled forgers, in the knowledge that it can be hard sometimes to tell which is which."

Thankfully, plenty of the best-loved Churchill witticisms are demonstrably true. In 1946 Churchill really did meet Bessie Braddock, a plump Labour MP and Tory-hater, who told him: "Winston, you are drunk."

"Madam," he replied, "you are ugly, and I will be sober in the morning." The story was confirmed by Churchill's bodyguard Ron Golding, who heard his boss say it.

Churchill's granddaughter Celia Sandys also told Mr. Johnson that her grandfather had told her himself about the time he was on a lecture tour of America and was served a buffet lunch of cold chicken.

"May I have some breast?" he asked his hostess.

"Mr. Churchill," she replied, "In this country we ask for white meat or dark meat."

The following day Churchill sent her an orchid, with the message: "I would be obliged if you would pin this on your white meat."

Mr. Johnson is also convinced of the veracity of the story of when Churchill was told, while he was in the lavatory, that the Lord Privy Seal had come to see him.

"Tell the Lord Privy Seal that I am sealed in the privy and can only deal with one s*** at a time," he bellowed.

COP REPORTS IN

"A Woman Has Shot Her Husband!" A police officer called the station on his radio. "I have an interesting case here. A lady shot her husband for stepping on the floor she just mopped."

"Have you arrested the woman?"

"Not yet. The floor's still wet."

Interesting Remarks:

As I age, I realize that I talk to myself, because sometimes I need expert advice.

If your parents never had children, chances are you won't either – Dick Cavett

I asked God for a bike, but I know God doesn't work that way, so I stole a bike and asked for forgiveness. – Al Pacino

Joan Masterman makes debut on dart Podium



In a month where bullseyes and high scores were hard to come by, a relative newcomer to the dart scene decided to make her mark. Joan Masterman hasn't thrown many darts in her lifetime, but sometimes you are just a natural. Joan has joined the group over the last few weeks and has enjoyed some early success. Joan was tops in both categories which included 3 bulls and a high score of 92 points. With a keen eye for the board and a smooth release, I'm sure Joan will be a regular fixture to the scoreboard for the foreseeable future. Other bull shooters included Jan Fournier 2, Wilma Lortie 1 and J.P. Theoret with 1.

Yvonne Desrosiers Rolls out a win at Nativity



With three lanes rolling and a group of 9 bowlers, the lodge took over Nativity for our monthly match. A couple of experienced bowlers were mixing it up at the top the leaderboard and managed to push each until the very end. Yvon Desrosiers showed great poise and composure on his way to a final score of 144 points. J.P. Theoret was his usual self in October, showing consistency and great competitiveness. J.P. Theoret's

score of 132 was good enough for the runner up position. For perhaps the first time ever, the entire group broke the 100 point mark proving that this bunch is getting better each and every time out. Here is a look at the other great scores put up during our visit. Blacky Labelle 121, Cecile Harps 115, Anita Reed 115, Joan Masterman 107, Reggie Lalonde 107 and Gordon Casselman 107. This one was a lot of fun and we look forward to our next time out.



Sandbag Leader Board	
Here is a look at the 1000 point club for the month of October	
Hattie Armstrong	1470
Marc Dicaire	1350
Bruno Massie	1270
Harvey Barkley	1260
Gordon Casselman	1220
Jeanette Fournier	1210
Yvon Desrosiers	1210
J.P. Theoret	1210
Yvon Duplantie	1175
Roch Lalonde	1160
Yvonne Paradis	1160
Heather Taylor	1120
Bill Gove	1010

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: **NICK**

- ADAM PANTS
- BILL ROOM
- CARD SALE
- CREW SELL
- DRESS SHOP
- FILM TEAM
- HAIR TIPS
- KELLY VISA

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

Mini Crossword

Mini Crossword

Clues:

Horizontal

1. Water Vessel
2. Constructed
3. Drug-abuser
4. This and

Vertical

1. Obscene words
2. Dish of left-overs
3. A thought
4. Chipper

1	2	3	4
S			
2			
3			
4	H		

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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For more information please call
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 online in colour**

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