

APRIL / AVRIL 2014

LODGER

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

LES AÎNÉS 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 • INTEGRITÉ
COLLABORATION • ENGAGEMENT • RESPONSABILITÉ

THE LODGER

APRIL 2014



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If you wish to subscribe to The Lodger, send your name, address and payment to: The Lodger, Glen Stor Dun Lodge, 1900 Montreal Road, Cornwall, Ontario K6H 7L1. The rate is \$28/year to Canada, \$37 to the US, and \$45 to other foreign countries. (Cheques payable to Glen Stor Dun Lodge, please.)

Lodge Receives Generous Donation

The second year students in the St. Lawrence College Social Service Support Worker Program were credited for their successful fundraising effort for area long-term care homes.

The project was required as part of their curriculum in Community Development.

The students worked diligently soliciting local merchants to sponsor the Spaghetti Dinner held on March 22. They also invited talented local musicians who gave the audience an evening of awesome entertainment.

The Lodge was one of the three lucky recipients to receive \$500 toward the operation of recreation programs.

The other grateful recipients of the funds were Parisien Manor and St. Joseph's Villa.



Seen here presenting the donation to Linda Geisel, centre, of the Lodge, are, from left: Jasmine Guay, Jenn Gravel, Sarah Worrall, Chantal Quenneville, Danika Lefebvre, Bradley Grégoire, Kristina Léger-Roberts. And Melanie Macdonald (not in photo).



One of the happy supporters of the spaghetti supper was Norm Quenneville, administrator of the Lodge



Denise Sauvé, Lodge recreologist, left, and Jessica Valade, activity director of Parisien Manor were among many who participated in this event.



The crowd was impressed by the energetic performance of Elvis tribute artist, TJ Jackson. Mr. Jackson received a second place award at Elvis Week as well as the 'Spirit of Elvis' award.



Later in the evening, Bruce Liam Ciccarelli and Santo Carruba (on the drum) delighted the audience with music from the 60s and 70s.



Here are the hard workers at the spaghetti preparation station. From left are Jen Gravel, Karl Worrall (volunteer) and Jasmine Guay.



This fabulous dessert table was filled with homemade goodies including a Canadian favourite, beaver tails.

Our heartfelt thank you goes to these bright young people for their genuine kindness and hard work. We wish them success in their future career in social service.

Spring Theme in Crafts



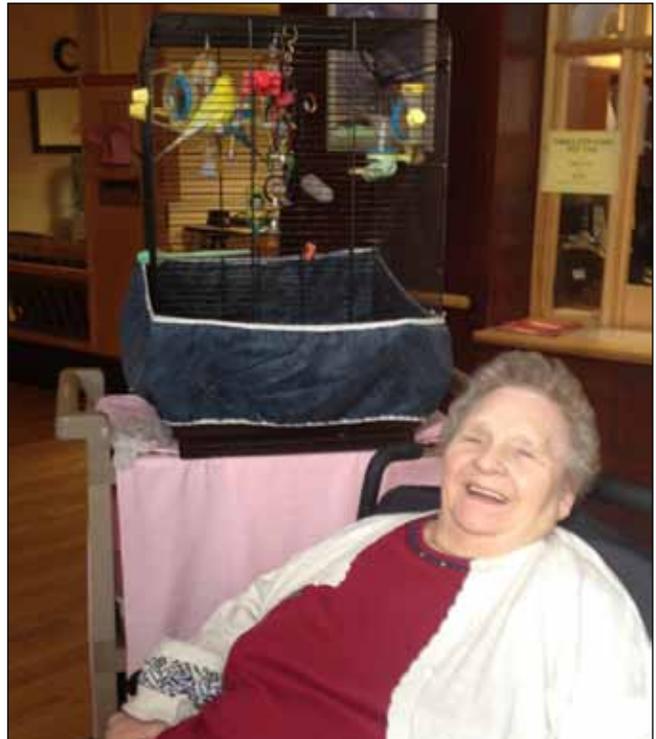
These residents are enjoying a spring project to beat the winter blues. Volunteer Verna Givogue was helping Lillian Butterfield create a butterfly clock. They are hoping to hurry spring along by advancing the time forward.



Hatti Armstrong, on the other hand, is creating this object of beauty for her great-grand-daughter Olivia.

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. ~ Sophia Loren

Meet Bird and Decor Ladies



Norma Gibson is lovingly known as our bird lady. You will find her a few times daily, cleaning the cage, socializing with the budgies and teaching them how to speak.



Volunteer Nancy Pilgrim loves to create seasonal decorations for our residents' dining room. This month she came armed with leprechauns to adorn the tables.

The Wearing of the Green

The Move-It Committee challenged everyone to dress up for St. Patty's Day, and what a wonderful response they received. Residents, staff, volunteers and family all joined in to celebrate the day with flair.



Linda Ledoux, by the luck of the Irish, was the winner of a pot of gold



Bill Rowe, sporting a leprechaun bow tie, enjoyed a delicious green beverage and Irish music by Faye MacMillan.



Brian Green, (yes, that is his real last name), found a wee little leprechaun and took his hat for the day.



What a pair! Volunteer Bernie Thauvette and family member Kathy Riddell can't help but join in the fun!!

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Would You Like One or Two Marshmallows?

An article from the Chicago Tribune that I spotted in the Toronto Star recently suggests that those of us who exhibit self-control have a better chance of making sound financial decisions and having more life success.



Apparently being disorganized and buying lottery tickets can lead to impulse spending. And just thinking of how something smells can induce you to buy more.

In one study quoted, researchers found that people in a cluttered room were more likely to pay higher prices for items such as TVs or movie tickets than people in an organized room.

Smell Sells

Another study found that marketers can entice you to buy more by using imagery that encourages consumers to imagine a smell. Ads that help you imagine what foods such as chocolate chip cookies or fresh bread smell like can make you salivate and consume the item in greater quantities.

Buying a lottery ticket or even thinking about it can trigger materialistic thoughts, another study found. Apparently, those who buy lottery tickets may show a preference for small, immediate rewards, the opposite of delayed gratification, which is so important in many sound money decisions.

Marshmallow Test

One of the most famous studies on self-control was conducted in the sixties at Stanford University.

Preschool children were left alone in a room with a single treat, sometimes a marshmallow. They were told by the researcher that they were free to eat the treat when the researcher left the room. However, if the child did not eat the marshmallow until the researcher returned to the room about 15 minutes later, he or she would get two marshmallows.

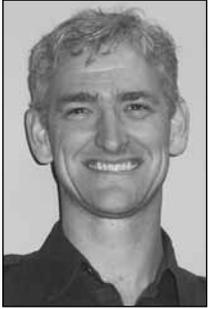
When the researcher tracked down the children later in life, he found that those who were able to delay gratification and claim the bonus marshmallow grew up to have fewer behavioural problems, higher scores on college entrance exams and superior social relationships.

In short, they had more life success as adults.

Another study in 2012 suggested the child's choices might also be influenced by how much the child trusted the researcher to come back with the second marshmallow—that nature and nurture influenced the marshmallow decision.

Importance of Recognizing Emotional Fatigue

We are blessed at Glen Stor Dun Lodge to have so many dedicated family members who do such a great job of supporting their loved ones in our care. You are a critical member of the care team, not only to your family members, but also to the many other residents you show love for along the way.



However, caring can have a cost—emotional fatigue. What is this phenomenon? Emotional Fatigue (EF) can be described as an emotional weariness with a long list of associated symptoms, which can affect both physical and mental health.

What are some of these symptoms?

- Waiting-for-the-other-shoe-to-drop nervousness or tension
- Situational bouts of sadness, “the blues,” or tearing up
- Forgetfulness, inability to concentrate and/or mental sluggishness
- Intermittent feelings of frustration, anger or guilt due to interruptions and not being able to get things done
- Sporadic, and often situational, feelings of resentment, impatience, and/or irritability at colleagues, family members or the resident at the Lodge
- Poor or interrupted sleep
- A looming sense of isolation
- A growing realization of the sacrifices—time, money, opportunities, etc., you are experiencing as a caregiver
- An increase in aches, pains, and—not surprisingly—blood pressure

Anything sound familiar?

The critical first step is identifying these symptoms and realizing that they could be trying to tell you something. Put a name on what you are doing, and acknowledge yourself as a caregiver. Then listen to what your emotions are telling you. These are NORMAL responses to caregiving, and you are not a bad person for feeling them! Let yourself understand that many, many other caregivers experience the same feelings, and this may help to normalize things for you.

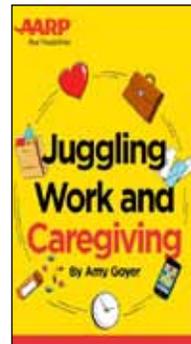
Amy Goyer, author of *Juggling Work and Caregiving*, advises that we then embrace

change, and that “people need to understand that the keys to being a successful caregiver are flexibility and adaptability on the journey.”

Jody Gastfriend, VP at www.care.com, suggests letting go. “Most of what’s causing the feelings and symptoms is out of the caregiver’s control, so early on we need to recognize our limitations and give ourselves permission to let go of or delegate some of the responsibilities we have taken on,” she advises.

Get help. A recent study in the *International Journal of Geriatric Psychiatry* shows that, even at the earliest stages of caregiving, caregivers experience increased feelings of well-being when they seek professional help and support.

Food for thought? God bless.



Carême



Le nom carême provient de la contraction du mot latin *quadragesima*, qui signifie « quarantième ». Il s'agit d'une référence au jour de Pâques, qui termine le carême. On appelle aussi le carême la Sainte Quarantaine. La durée de quarante jours commémore à la fois les quarante jours et quarante nuits du jeûne de Moïse avant la remise des Tables de la Loi et les quarante jours de la tentation du Christ dans le désert entre son baptême et le début de sa vie publique, lors desquels il fut tenté par Satan, d'après les Évangiles synoptiques.

La pratique du carême remonte au IV^e siècle. Les jours qui ont précédé la pâque et la mort de Jésus, ni Jésus ni ses disciples n'ont jeûné. Les récits des Évangiles indiquent qu'à Béthanie, seulement quelques jours avant sa mort, ses disciples et lui se sont rendus chez des gens, où ils ont pris des repas. Jésus a en outre mangé le repas de la Pâque la nuit précédant sa mort. — Matthieu 26:6, 7 ; Luc 22:15 ; Jean 12:2. C'est durant le Concile de Laodicée (348? - 381?) que fut prescrite la xérophagie, c'est-à-dire l'usage exclusif du pain et des fruits secs pendant le temps qui correspondait au carême.

Au VII^e siècle, le carême fut établi dans son calendrier actuel. À cette époque, le

jeûne consistait à ne prendre qu'un repas quotidien en fin de journée et à s'abstenir de toute nourriture les jours du Vendredi et du Samedi saints.

Une justification de l'intérêt du carême est de considérer qu'il donnait aux populations de l'époque une bonne raison d'endurer les derniers mois de l'hiver, où les réserves en nourriture étaient au plus bas. La privation collective permettait d'atteindre le printemps sans passer par une famine.

Dans le rite latin, les trois dimanches précédant le carême — la Septuagésime, la Sexagésime et la Quinquagésime — étaient eux-mêmes inclus dans la préparation de Pâques. Cependant, les prescriptions de jeûne se relâchèrent très vite et, dès le XIII^e siècle, le repas de midi était autorisé et complété d'une collation le soir.

Rites actuels dans l'Église catholique

L'Église catholique demande aux fidèles de jeûner au minimum les jours du mercredi des Cendres et du Vendredi saint. Mais la pratique réelle du jeûne est difficile à mesurer. En outre, la tradition de manger maigre — c'est-à-dire de s'abstenir de viande et de plat à base de graisse animale — le vendredi se perpétue¹. Le début du Carême est le Mercredi des Cendres, précédé par le Mardi gras et le carnaval (du latin *carnelevamen* qui signifie « ôter la viande »). Les catholiques sont invités également à marquer le Carême en se privant d'une chose qu'ils aiment, pas nécessairement de la nourriture.

Source : Wikipedia

RIONS ... RIONS...

Le Brésil et les États-Unis se disputent la grande finale de soccer. Le Brésil gagne.



Le lendemain, Fox News, le plus patriotique des télés américaines annonce les résultats : « Les États-Unis arrache une spectaculaire deuxième place. Le Brésil se classe avant-dernier ».

CHARADES

- A) • Mon premier parle.
 • Mon deuxième est une partie d'un objet qu'on trouve dans une pelle, une pioche ou un balai.
 • Mon tout est un jour de la semaine.
- B) • Mon premier se fait avec un ballon ou une rondelle.
 • Mon deuxième est une partie du bateau sous le pont.
 • Mon tout est un prénom qui vient du mot « Pâques ».

DEVINETTES

- a) J'ai des dents mais je ne m'en sers pas pour manger.
 b) J'ai un cœur mais je ne bats pas.
 c) J'ai plusieurs yeux mais je ne vois pas.
 d) J'ai des pinces qu'un ouvrier trouve inutiles.
 e) Je ne marche pas quoique j'aie un pied.
 f) J'ai quatre pattes mais je ne marche pas.
 g) J'ai deux bras mais je n'ai jamais serré personne.

QUIZ : FETES RELIGIEUSES



Quelles fêtes avons-nous fêtées ou fêterons-nous aux dates suivantes (2014) ?

- a) le 6 janvier
 b) le 5 mars
 c) le 17 mars
 d) le 19 mars
 e) le 13 avril
 f) le 20 avril
 g) le 29 mai
 h) le 8 juin
 i) le 15 août
 j) le 1^{er} novembre
 k) le 8 décembre



Joyeuses Pâques

Toutes les réponses sont à la page 24

Rejoints sur la route



Tu viens rejoindre sur la route
Ceux que la peur égare.
Leur rêve brisé par le doute
Habille leur jour de noir.

Tu les ramènes à cette histoire
Qu'ils n'ont pas su comprendre.
Ta voix se plante comme un phare
Dans une mer de cendre.

Leur marche longue et funéraire
Trouve enfin son chemin.
Le printemps chasse ce long hiver :
Ils ont à nouveau faim.

À cette auberge de nulle part,
Tu sauves leur destin.
Tu disparais à leur regard
Pour être leur festin.

Reviens vers nous, ô pèlerin,
Étranger d'Emmaüs.
Viens à nouveau rompre le pain.
« Jésus, te adoramus ! »

Texte : Georges Madore

HEALING AT THE CROSS



© by M. S. Lowndes ~ 2006

We know when Jesus was crucified
 Upon the wooden cross,
 Our every sin was laid upon Him
 All for loving the lost

And we know that when He rose again,
 He conquered death and hell
 Through His resurrection we have
 Eternal life as well

For this we praise our gracious Lord
 And thank Him for His love,
 For we could never have had this hope
 If it wasn't for His spilled blood

But we can know His resurrection power,
 Right now, while we are here,
 For we can come to the cross of Christ
 And lay down our burdens there
 For everything that may hold us back,
 The hurts from yesterday,
 At the foot of the cross we lay it down
 And then just walk away

For I believe that there is healing
 At the cross of Christ

We do not need to carry these loads,
 For they've all been crucified

Receive from Jesus the healing you need
 For your spirit, body and soul
 Then you can arise, freed from your past
 To walk completely whole

For what He accomplished on the cross
 Goes on into eternity,
 Just reach out your hand and He will too
 And receive His victory.



Church Services for April

Catholic Celebrations Saturdays at 10:00 a.m.

- | | |
|----------|--|
| April 5 | Deacon Roméo Lefebvre |
| April 12 | Msgr. Réjean Lebrun |
| April 19 | No Service |
| April 20 | Easter Sunday Mass with
 Fr. Gerald Poirier |
| April 26 | Deacon Maurice Poirier |

Protestant Service Thursdays at 11:00 a.m.

- | | |
|----------|---|
| April 3 | Salvation Army
Pastor Cole |
| April 10 | Pentecostal
Rev. Russell Bates |
| April 17 | Fountaingate
Pastor Brad Montsion |
| April 24 | Hymn Service |

COMING EVENTS

- Sand Road Sugar Camp
- Spring Craft

BirthDay Wishes

- Laura Seguin April 6th
- Kathleen Davies April 18th
- Lula May Eamer April 23rd
- Jeannine Major April 26th

New Acquaintances

- Margaret Maybank
- Roger Lapensee
- Marcel Bourgon
- Marion Burgess

Welcome Back

- John Wright
- Jean Landry



Welcome Gail Dolson to our volunteer family. Gail volunteers with the Monday group in Outreach 1 (pictured above). She joins a fantastic group of volunteers we are proud to call our own!

Artists at Work



Here are some of our Outreach clients making art about life. From top are Reg Evans, Anna Whittaker and Ida Tekenos.

Volunteer Work Speaks Volumes



It is time again for us to recognize and celebrate the spirit of volunteerism.

Our volunteers at the Lodge are compassionate and caring individuals who contribute wholeheartedly and make our Lodge a vibrant and happy place to live and work. We will be hosting another banquet this year on Tuesday, April 29 to honour them.

Any family members and staff who wish to convey their gratitude to any volunteers can participate in a *Volunt-Hear Hotline* campaign supported by Volunteer Canada and Investors Group.

The hotline is a toll-free number where people can call to leave a brief impact statement and say thank you to volunteers for their efforts.

To use the Volunt-Hear Hotline, follow these steps:

- Call 1-855-372-5077
- State your name and city or town

(This is John Smith calling from Cornwall, Ontario)

- Say who you are thanking and what you are thanking them for

(I want to thank Jane Jones for driving me to my medical appointments each week.)

- Describe how the volunteer made a difference

(Her help removed a worry for me during a stressful time and allowed me to focus on getting healthy again)

Messages will be organized into playlists on Soundcloud. Listeners will be able to download messages, share them through social media and hear first-hand how volunteer work changes lives and shapes communities.

Glen Stor Dun Lodge Annual Volunteer Banquet Tuesday April 29, 2014

5:30 pm

Rotary Tea Room

Recognizing and celebrating
the spirit of voluntarism
at Glen Stor Dun Lodge

Please watch for your special invitation
to

An Evening of Fine Dining

Entertainment by

Ryan Lalonde

50 Shades of Magic

☞☞☞☞



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	Sunday 6 09:45 Morning Tea (3) 10:45 Super Quiz (Dundas) 02:00 Timeless Truth (Chapel)	Monday 7 10:00 Coffee with Bill (4) 10:00 Get Fit (3) 10:00 Balloon Tennis (Cornwall) 11:20 4th Floor Lunch Bunch 02:30 Bingo (TR)	Tuesday 8 10:30 Bowling @ Nativity 10:15 Fun & Fitness (4) 02:00 Movie Matinee (TR) 02:00 Easter Trivia & Tidbits (4) 03:45 House and Home (Dundas) 06:00 TV Classics (Cornwall)
	Sunday 13 09:45 Morning Tea (3) 10:45 Super Quiz (Dundas) 01:30 Wheel of Fortune (4) 03:00 Rock 'n' Roll (Cornwall)	Monday 14 10:00 Coffee with Bill (4) 10:00 MAP-Balloon Tennis (3) 10:00 Washer Toss (Cornwall) 11:20 2nd & 3rd Fl. Lunch Bunch 11:45 Bistro (Dundas) 02:30 Bingo (TR) 06:00 Wheel of fortune (Dundas)	Tuesday 15 10:00 MAP-Sandbags (3) 10:15 Fun & Fitness (4) 10:30 Tea & Trivia (Dundas) 11:45 Bistro (Cornwall) 02:00 Singalong with Georgie (TR) 03:45 Beautiful You (Dundas) 06:00 TV Classics (Cornwall)
	Sunday 20 10:00 Easter Sunday Mass Fr. Poirier (Chapel) 11:15 Friendly Visits (Dundas) 01:30 Wheel of Fortune (4) 03:00 Rock 'n' Roll (Cornwall)	Monday 21 10:00 Coffee with Bill (4) 10:00 Get Fit (3) 10:00 Balloon Tennis (Cornwall) 02:30 Bingo (TR)	Tuesday 22 10:30 Resident Council Mtg. (TR) 11:45 Bistro (Cornwall) 02:00 Baking (TR) 03:45 House and Home (Dundas) 06:00 TV Classics (Cornwall)
	Sunday 27 09:45 Morning Tea (3) 10:45 Tea & Trivia (Dundas) 01:30 Sandbags(4) 03:00 Friendly Visits	Monday 28 10:00 Coffee with Bill (4) 10:00 Get Fit (3) 10:00 Balloon Tennis (Cornwall) 11:20 4th Floor Lunch Bunch 02:15 Tea Social (3) 02:30 Bingo (TR)	Tuesday 29 10:00 MAP-Sandbags (3) 10:15 Fun & Fitness (4) 11:45 Bistro (Cornwall) 02:30 Tea & Trivia (Dundas) 5:00-8:00 Annual Volunteer Banquet

Wednesday 2 10:00 Millionaires Club (4) 10:00 Cadillacs (Cornwall) 10:00 Mustangs (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 02:30 Current Events (Cornwall) 04:30 Supper Club (Dundas)	Thursday 3 09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/2) 11:00 Church Service: Salvation Army (Chapel) 11:45 Bistro (TR) 02:00 Happy Hour with Vern & Friends (TR) 03:45 Mustangs (Cornwall) 06:00 MAP-Sandbags (Dundas)	Friday 4 08:00 3rd Floor Breakfast #2(TR) 10:00 East Front Public School Visit (TR) 02:00 Treat Trolley (4/Stor) 02:00 Bridge (4) 02:00 Darts (2) 03:45 Rock & Roll (Cornwall)	Saturday 5 10:00 Liturgy of the Word and Communion Deacon Romeo Lefebvre (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 9 10:00 Millionaires Club (4) 10:00 Cadillacs (Cornwall) 10:00 MAP-Sandbags(3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 02:30 Current Events (Cornwall) 04:30 Supper Club (Dundas)	Thursday 10 09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/2) 11:00 Church Service: Pentecostal (Chapel) 11:45 Bistro (TR) 02:00 Resident Services Staff Meeting 03:45 Corvettes (Cornwall) 06:00 MAP-Sandbags (Dundas)	Friday 11 08:00 St. Lawrence Breakfast (TR) 10:00 Sing a long (Chapel) 10:00 MAP-Sandbags (Cornwall) 10:15 Fun & Fitness (4) 11:20 Shopping Trip (Walmart) 02:00 Bridge (4) 02:30 Treat Trolley (4/Glen) 02:30 Darts (2)	Saturday 12 10:00 Mass Msgr. Réjean Lebrun (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 16 10:00 Millionaires Club (4) 10:00 Care Conferences (2/4) 10:00 Buttercups(3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 02:30 Current Events (Cornwall) 04:30 Supper Club (Dundas)	Thursday 17 09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/2) 11:00 Church Service: Fountaingate (Chapel) 11:45 Bistro (TR) 02:00 Birthday Party with Johnny M (TR) 03:45 Cadillacs (Cornwall) 06:00 MAP-Sandbags (Dundas)	Friday 18 	Saturday 19 10:00 Mass cancelled 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 23 10:00 Millionaires Club (4) 10:00 Cadillacs (Cornwall) 10:00 Buttercups (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Council of Family & Friends Spring Fling Wine & Cheese Social 04:30 Supper Club (Dundas)	Thursday 24 09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (4/2) 11:00 Hymn Sing (Chapel) 11:45 Bistro (TR) 02:00 X-BOX Games (TR) 02:00 Card Club (4) 02:00 Daisies (Dundas) 03:45 Friendly Visits (Cornwall) 06:00 MAP-Sandbags (Dundas)	Friday 25 08:00 Seaway Breakfast (TR) 10:00 Morning Tea (3) 10:00 MAP-Sandbags (Cornwall) 10:00 Roses (Dundas) 10:15 Fun & Fitness (4) 02:00 Bridge (4) 02:00 Treat Trolley (4/Stor) 02:00 Darts (2) 03:45 4 Way Countdown (Dundas)	Saturday 26 10:00 Liturgy of the Word and Communion Deacon Maurice Poirier (Chapel) 01:30 – 03:30 Treat Trolley (Cornwall/Dundas)
Wednesday 30 10:00 Millionaires Club (4) 10:00 Corvettes (Cornwall) 10:00 Craft (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 02:30 Current Events (Cornwall) 04:30 Supper Club (Dundas)	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>Legend for Location of Activities</p> <p>Pub = Village Pub on ground floor</p> <p>TR = Rotary Tea Room on ground floor</p> <p>(2) = on second floor</p> <p>(3) = on third floor</p> <p>(4) = on fourth floor</p> </div> <div style="flex: 2;">  <div style="text-align: center;">  <p>MOLLY MAID®</p> <p><i>Dependable Cleaning from the Professionals you can Trust</i></p> <p>For all your cleaning needs call:</p> <p>613-938-3591</p> <p>www.mollymaid.ca</p> </div> <div style="text-align: right;">  </div> </div> </div>		

April 2014



<i>Marie Grieco</i>	<i>April 1st, 1931</i>
<i>Jessie O'Brien</i>	<i>April 3rd, 1935</i>
<i>Therese Fairchild</i>	<i>April 6th, 1915</i>
<i>Marjorie Stewart</i>	<i>April 7th, 1930</i>
<i>Phyllis Brown</i>	<i>April 10th, 1923</i>
<i>Manson Cameron</i>	<i>April 11th, 1935</i>
<i>Barbara Pescod</i>	<i>April 16th, 1925</i>
<i>Roland Bissonnette</i>	<i>April 21st, 1932</i>
<i>Otello Superina</i>	<i>April 26th, 1927</i>
<i>Kirsten Hansen</i>	<i>April 27th, 1926</i>
<i>Katherine Cumming</i>	<i>April 28th, 1920</i>

Happy Anniversary

<i>John & Alice Feeley</i>	<i>April 23, 1960</i>
<i>Rene & Rejeanne Lefleche</i>	<i>April 24, 1965</i>

This month's birthday party is sponsored by the Knox-St. Paul United Church women. It will be held on Thursday, April 17th, 2012 at 2:00 p.m., in the Rotary Tea Room.

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Roy Florist
for their generous gifts of
corsages and boutonnieres
delivered to our residents
on their birthdays and
anniversaries.*

April



ACTIVITY HIGHLIGHTS

We predict spring will arrive during the month of April. We hope the warmer weather will bring out more family and friends to visit our home. If you do, we welcome you to join in the social activities we plan for our residents. If you have any questions, please feel free to contact the recreation department at extension 4248.

SOCIAL ENTERTAINMENT

- April 3 Happy Hour
with Vern & Friends
- April 4 East Front Public School
Students Visit
- April 6 Timeless Truth
- April 8 Movie Matinee
- April 15 Singalong with Georgie
- April 17 Birthday Party /w Johnny M
- April 23 Wine & Cheese Social

FUN & GAMES

- April 1 Trivia Challenge
- April 1 Kinette Bingo
- April 8 Bowling at Nativity
- April 24 X-Box Games

EXERCISE GROUPS

- Tue/Fri 4th Floor Fun and Fitness
- Wed 2nd Floor Get Fit
- Mon/Tue 3rd Floor Fitness

OUTINGS

- April 7/28 Lunch Bunch 4th Floor
- April 11 Shopping at Walmart
- April 14 Lunch Bunch 2/3 Floor

OTHER

- April 20 Easter Sunday Mass
- April 22 Resident Council Meeting

SPECIAL NOTICES

April 23, 2014

Please note that in order to prepare for the Council of Family and Friends Annual Wine and Cheese Social, the Tea Room will be closed on Wednesday, April 23 during lunch hour. We will offer seating in the corridor and the Library for our guests.

April 29, 2014

The Tea Room will be used to host our Annual Volunteer Banquet. The Tea Room will be closed during the supper hour. Once again, we will offer the use of the Library for our regular guests.

Wine and Cheese Raffle 2014

Wednesday, April 23rd

2:00 pm

Rotary Tea Room



Your mind needs exercise just as much as your body does. That's why I think of jogging everyday.

Visit Mostar and Medjugorje on Croatia Trip

On a trip to Croatia last summer, I took a bus tour to Bosnia and Herzegovina to visit the ancient city of Mostar and the religious pilgrimage site at Medjugorje.

Mostar was the scene of vicious fighting between 1992 and 1993, during the Bosnian War, after Bosnia and Herzegovina declared independence from Yugoslavia. The town was subject to an 18 month siege which destroyed many historic buildings and the city's famous Old Bridge (Stari Most), which was erected in 1566 on the orders of Suleiman the Magnificent, the Ottoman ruler.

After the war, the stone bridge was rebuilt in exactly the same manner in which it had been originally constructed over 400 years earlier.

Medjugorje became a pilgrimage destination after the Blessed Virgin Mary was reported to have appeared there to six children, on June 24, 1981.

The hillside in Medjugorje where the apparitions still reportedly take place has become one of the most popular pilgrimage sites for Catholics in the world and has turned into Europe's third most important apparition site. Each year more than one million people visit and it has been estimated that 30 million pilgrims have gone to Medjugorje since the reputed apparitions began in 1981.

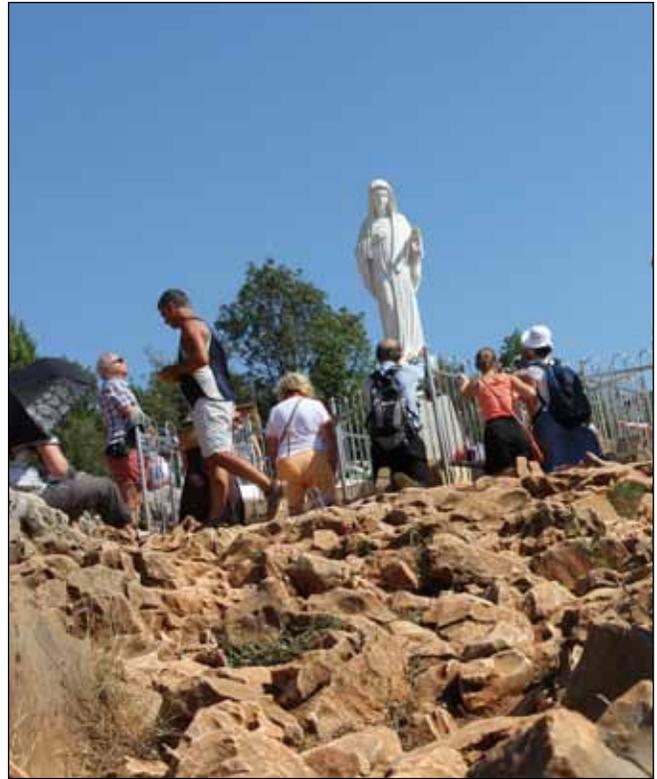
Despite the large number of pilgrims, according to Wikipedia, the Catholic Church has not confirmed the supernatural nature of the apparitions at Medjugorje.



The Old Bridge (Stari Most) of Mostar is the most famous landmark in the city. It was originally constructed in 1566 when the city was part of the Ottoman Empire.



Shirtless street vendor attempts to sell his wares to a smiling tourist, in Mostar.



A rocky path leads to the hilltop in Medjugorje where the Blessed Virgin is reported to have appeared.



Reconstruction efforts in Mostar are still taking place, almost 20 years after the Bosnian War. Photo shows a bombed out stone dwelling in foreground and modern apartment building in background.

Remembering Bob Ross



It is with great sadness that we share the news of the loss of a dear friend Bob Ross. Bob was a close friend of our past resident Jack McKerchar. He advocated on his behalf and helped in many of the Lodge's social functions.

In 2007, Bob joined the Council of Family and Friends and served as the Chair until 2012. Due to failing health, Bob resigned and was eventually admitted to Heartwood Long Term Care Home. He would return from time to time to visit his friends at the Lodge with his devoted wife Shirley.

Bob will be remembered as a valued member of the Lodge and the community of Cornwall.

Wine and Cheese Raffle 2014

Proceeds to Council Functions

**Last Chance to Win these
Awesome Prizes**



First Prize
**Basket of Cheer
Valued at \$300.00**



Second Prize
**Gifts Cards to Casa Paolo &
Au Vieux Duluth, Valued at \$200**



Third Prize
**Gas Card
Valued at \$100.00**
Tickets are \$2.00 each or 3 for \$5.00.

Earth Day ~ April 22, 2014

Why Not Plant a Tree This Year?



Tree planting is the most popular Earth Day event and one of the most common activities people associate with helping the Earth. Millions of trees are planted by Canadians each year. Planting is an act of putting down roots and contributing to the future. The simple act of planting a tree helps the environment in so many ways.

Trees...

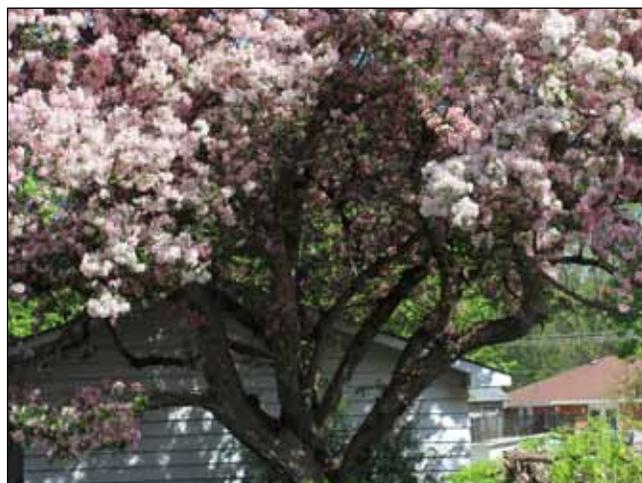
- filter pollution from the air - A tree can absorb as much as 48 pounds of carbon dioxide per year. One large tree can provide a day's supply of oxygen for up to four people
- help recycle water - One large tree can lift up to 100 gallons of water out of the ground and discharge it into the air in a day
- prevent soil erosion
- create shade and give shelter from wind and rain
- provide homes for animals

- make food for humans and wildlife
- Hundreds of food products (fruit, coffee, nuts, etc.) and food additives (for ice cream, chewing gum, etc.) come from trees
- A healthy tree can increase your property value by as much as 27 percent
- and much more!

Other interesting facts about trees:

- Some coastal redwoods are over 360 feet tall
- Giant sequoia trees can weigh over 2000 tons (4 million pounds)
- It can take 10 minutes to walk around the crown of a giant banyan tree in Calcutta
- live oaks can live to be over 500 years
- Non-staked transplanted trees are usually stronger than trees that have been staked
- Trees grown in city conditions often do not live as long (average 13 years less) as trees grown in their natural wooded environment

Without trees, there would be no life on this planet!



Everyone's a Winner in This Photo Shoot



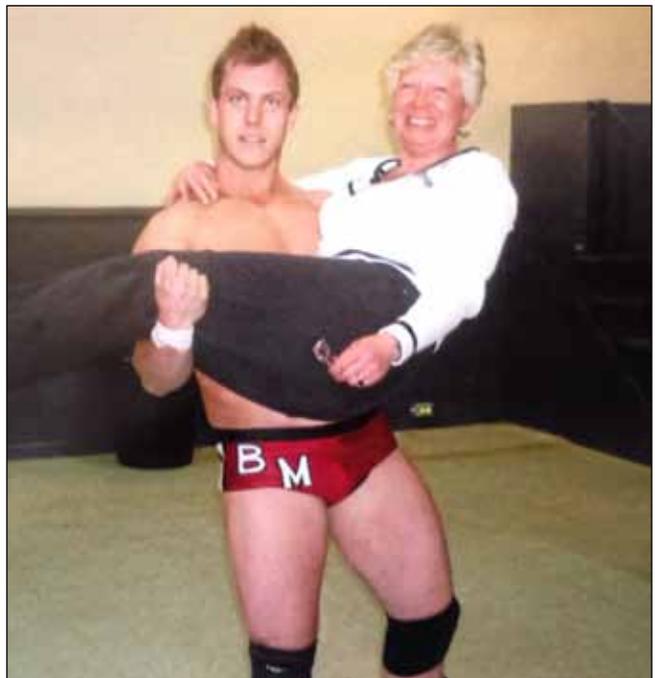
Mariah Simpson, a 3rd year Laurentian University BScN student, presented a gift certificate to Mike Tessier, housekeeping aide. Mike was the door prize winner of the "Hand Hygiene Training." Mariah completed her Infection Control clinical placement at the Lodge from January 6 to February 11 for a total of 72 hours.



Kendra Plaunt (right), a 3rd year Laurentian University BScN student, presented a gift certificate to Debra Locey RN. Debra was another door prize winner of the "Hand Hygiene Training." Kendra completed her Infection Control clinical placement at the Lodge from February 24 to March 25 for a total of 72 hours.



Jennifer Archambault, staff development officer, completed the Annual Mandatory Training program for all employees at the Lodge during the month of March. Good job Jennifer. That was a lot of work.



Nutrition Care supervisor Stephanie Hill-Nicholls recently attended the Fight for Equality event presented by Mecca ProWrestling (MPW) to benefit Community Living Glengarry. She is seen here "swept off her feet" by wrestler, Big Mike.

Elizabeth (Libby) Cameron Work on Display

March 15 to April 14



Libby who grew up in the big city of Montreal, prefers the tranquility of the country life. Many of her works reflect her love of nature, the changing seasons, the people who inhabit the land and the animals that dwell peacefully along side.

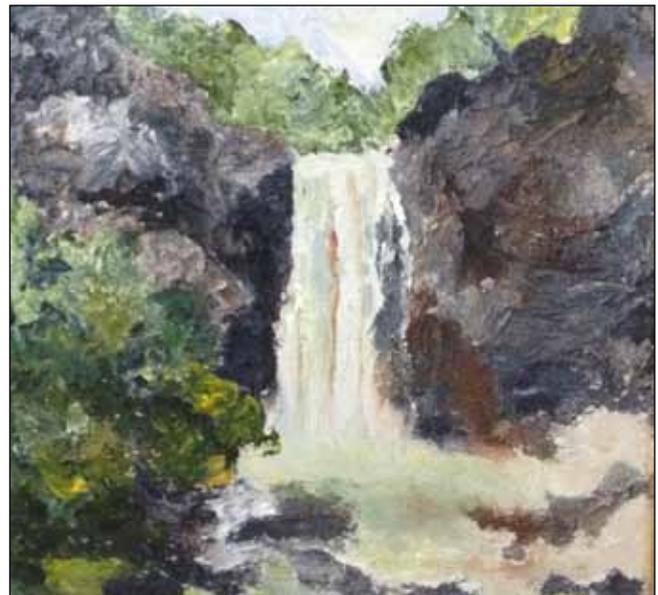
Libby started her career in art as a potter. She began to take an interest in visual art and decided to return to school to study fine arts. She is a graduate of the University of Ottawa.

Her favourite medium is pastel, which has a wide range of brilliant colours that can be mixed and blended right on the paper. There is no waiting for it dry. Her least favourite medium is oil, precisely because she has no patience to sit and watch the paint dry.

Libby enjoys painting outdoors and tries to capture the dignity and resilience of country folk. Farm animals and pets often find their way into her paintings. As a retired employee from Upper Canada Village, she often returns and finds inspiration abounds.



Canadian Horse (Pen & ink)



Rushing Water (Acrylic)

April 15 to May 14
Liane Geoffrion

Réponses (p. 9)

CHARADES

- A) dimanche (dis-manche)
- B) Pascal (passe-cale)

QUIZ : FETES RELIGIEUSES

- a) Epiphanie
- b) Mercredi des Cendres
- c) Saint Patrick
- d) Saint Joseph
- e) Dimanche des Rameaux
- f) Pâques
- g) Pentecôte
- h) Assomption
- i) La Toussaint
- j) Immaculée Conception

DEVINETTES

- a) une scie
- b) une pomme
- c) une patate
- d) un crabe
- e) un céleri
- f) une table
- g) un fauteuil

Answers for page 28

1. Snail (not a mammal)
2. Ship (only one used on water)



The secret to a long life is to stay busy, get plenty of exercise and don't drink too much. Then again, don't drink too little.

~ Herman Smith-Johannsen

Glen Stor Dun Lodge Departmental Supervisors

*Have questions? Comments?
We are just a phone call away*

Administration

Norm Quenneville - Extension 4223

Nursing

Mary Johnson - Extension 4222

Nutrition Care

Stephanie Hill-Nicholls
Extension 4228

Program and Support Services

(Activities, therapy, spiritual care,
volunteer, hairdressing, Lodger)
Linda Geisel - Extension 4243

Support Services

(Housekeeping, laundry, maintenance)
Alex Herrington - Extension 4229

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 while 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 you, no matter which floor you live on.

**Glen Stor Dun Lodge
Resident Council Executive**

Louis Banyai, President
Vacant, Vice President
Manson Cameron, Secretary
Jean Paul Cuillerier, Treasurer

**Glen Stor Dun Lodge
Resident Council Meeting**

*Tuesday, April 22
10:30 a.m. ~ Rotary Tea Room*

*REMINDER: Family members are
invited to give assistance at meetings.*

**Glen Stor Dun Lodge
Committee of Management**

Denis Thibault, Committee Chair
613-938-0517 (Home)
dthibault@cornwall.ca
Denis Fife, Mayor, North Stormont
613-984-2059 (Work)
fifeag@plantpioneer.com
Gerry Boyce, County Councillor
613-229-8008 (Cell)
glboyce@hotmail.com
Bernadette Clement, City Councillor
613-932-2703
bclement@cornwall.ca
Elaine MacDonald, City Councillor
613-938-7763 (Home)
emacdonald@cornwall.ca

Family Council Executive

2nd floor representatives

Carol Paschek (613-931-9963)
Jeanne Lalonde (613- 932-3710)
Roy Yorke (613-347-2864)

3rd floor representatives

Henry Kyte, Chair (613-932-8806)
Bernie Thauvette (613) 936-6768)

4th floor representatives

Denise Symington (613-932-8125)
Margaret Gordon (613-938-7678)

**Glen Stor Dun Lodge
Family Council Meeting**

*Wednesday, April 16
1:30 p.m. ~ Library*

**Special Care Dementia Care
Family Support Group**

*Wednesday, April 30
6:00 p.m. - 8:00 p.m.*

*Glen Stor Dun Lodge Village Pub
Open to all family members*

**For more information:
613-932-4914**

IN MEMORIAM

Residents, Staff and Volunteers of the
Glen Stor Dun Lodge remember our
departed residents:

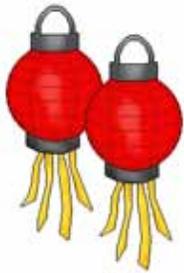
*Jeanne Chabot
Barrdeen Mazi*

Positive Side of Life

- Living on Earth is expensive, but it does include a free trip around the sun every year.
- How long a minute is depends on what side of the bathroom door you're on.
- Birthdays are good for you; the more you have, the longer you live.
- If Walmart is lowering prices every day, why isn't anything free yet?

Happened in Chinatown

Walking through San Francisco's Chinatown, a tourist is fascinated with all the Chinese restaurants, shops, signs and banners.



He turns a corner and sees a building with the sign, "Moishe Plotnik's Chinese Bar & Grill."

"Moishe Plotnik?" he muses. "How the heck does that fit in here?"

So he walks into the establishment and sees an old Chinese gentleman behind the bar. The tourist asks, "How did this place get a name like 'Moishe Plotnik's Bar & Grill?'"

The old man answers, "Is name of owner."

The tourist asks, "Well, who and where is the owner?"

"Me, is right here," replies the old man.

"You? How did you ever get a name like Moishe Plotnik?"

"Is simple," says the old man. "Many, many year ago when come to this country, was stand in line at Documentation Center. Man in front is Jewish gentleman from Poland.

"Lady look at him and go, 'What your name?' He say, 'Moishe Plotnik.' Then she look at me and go, 'What your name?' I say, 'Sem Ting.'"

Positive Side of Life

Ever notice that the people who are late are often much jollier than those who were kept waiting.

Always Wear Seat Belt

This rancher hates wearing a seat belt, but one day he's driving on the highway with his wife and sees a police car behind him.

He says to his wife, "Quick, take the wheel! I gotta put my seat belt on!"

So she does, and right then the policeman pulls them over. He walks up to the car and says, "Say, I noticed you weren't wearing your seat belt."

The rancher says, "I was too, but you don't have to take my word for it - my wife here is a good Christian woman, ask her; she'll tell you the truth. She doesn't lie about anything."

The cop says to the wife, "So? How about it, ma'am?"

And the wife says: "I've been married to Buck for twenty years, officer, and one thing I've learned in all that time is this - you never argue with him when he's drunk."

Positive Side of Life

Some mistakes are too much fun to make only once.



Have a Happy Easter!

Odette Benoit "Sandbagger" of the Month

Odette Benoit could do no wrong tossing the bags in March. Her score of 1630 points was not only a personal best but also



topped the entire Lodge in the points department. Proving that this was no fluke, Odette also had the second highest score as well, posting an impressive 1480 points.

Hattie Armstrong and Jeanette Fournier tied with the most high scores as they each managed 5-plus tallies over 1000 apiece.

With lots of great scores to report, here is a little sampling of the best of the best: Ernest Perras, 1100, Roger Brunet, 1250, Rene Lafleche, 1520, Brian Gingras, Agathe Jolicoeur, 1310, Leonard Stimpson, 1100, Tony Chown, 1180, and Fern Beaudry, 1070.

Congratulations to all of our players and welcome to the winners circle Odette!

Cameron and Barry Battle to Last Pin

Another great trip to the Nativity bowling lanes resulted in a real nail biter. With two lanes of action, residents were doing their best to come out on top. Going into the 10th and final frame the game was



still up for grabs and two bowlers were neck and neck. Manson Cameron and Frank Barry had one to remember as the difference in the end was one

pin. Manson's 124 points was tops on the day while Frank finished up with a 123. It doesn't get any closer than that.

Here is a look at the rest of our bowlers: Reg Lalonde, 100, Hattie Armstrong, 95, J.P. Theoret, 87, Peggy Poirier, 87, Jeanette Fournier, 81 and Peggy Hill, 76. Hopefully this type of action carries over into next month's meeting.

Ladies Rule the Board

The ladies seemed to be the biggest bull shooters in March, as they owned the board in a big way. In fact all 12 bullseyes were credited to the women as they skunked the men out and claimed bragging rights for the time being.



Odette Benoit and Lillian Masson led the way with 3 apiece in a fine shooting display. Other ladies included Anita Reed, 2, Hattie Armstrong, 1, Peggy Poirier, 1, Jeanette Fournier, 1 and Theresa Carrier, with 1.

Better luck next time boys!

55 + Games April 9 to June 7

Local 55+ Summer Games get under way April 9 and run till June 7. Euchre, cribbage, bocce, bowling, darts, cycling, tennis, golf, floor shuffleboard, horseshoes, pickleball, slo-pitch, swimming and prediction walking are events you can take part in. Contact Monique Lavigne-Patenaude at 613-543-3453 for more information.

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.

e.g. R A N K

- ABOARD BRIDGE
- CARE DRILL
- ENLIST FEEL
- HIGH HOUR
- LAWS LONELY
- LONG LOOK
- RECRUIT SHORE
- SQUAD TARGET

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

Odd Man Out

Which word is the odd one in the series. Circle your choices.

1. Horse Cat Dog Snail Hamster
2. Car Ship Roller-skate Bus Bicycle

Answers on Page 24



Allan Wilson
Ontario Licensed Funeral Director

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