

MAY/MAI 2013



# LODGER

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

LES AINÉS 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

MAY 2013 LODGER 1

# THE LODGER

MAY 2013



*Volunteer of the Year*  
*See page 18*

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[www.glenstordunlodge.com](http://www.glenstordunlodge.com)

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## *Subscriptions to The Lodger*

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.)

## *It's Official: Accredited with Commendation*

Many of you recall the Accreditation survey conducted last November, and now the official result is in.

We have been awarded with "Accredited with Commendation," which means that the Lodge has surpassed the fundamental requirements of the accreditation program.

In a letter dated April 15, Accreditation Canada stated, "This achievement demonstrates your organization's determination and commitment to ongoing quality improvement. We applaud your leadership, staff, and accreditation team members for their efforts and dedication to the provision of safe, quality health service."

This truly is the effort of many. Our thanks to all our staff members for your ongoing diligence in upholding our standard of quality care. You are the key

element that makes our facility a HOME.

We are also grateful for the commitment of City Council, in particular the Committee of Management which gave us their unwavering support.

The Council of Family and Friends as well as the Resident Council also lend a strong voice in the accreditation process.

Others who assisted were many of the community partners such as CCAC, education institutions, suppliers, and contractors.

What is our next challenge? In addition to maintaining our current standard, we are striving to reach "Exemplary Standing," that is, to attain the highest level of performance, achieving excellence in meeting the requirements of the accreditation program.



*Staff gathered for a "family" photo with the new accreditation certificate.*

## ***New Phone System Activation Set for May 8***

After some technical delays, the new phone system will be in place on May 8.



When you call, you will encounter an auto attendant who answers your call and directs you to reach your intended contact. It will also allow a caller to reach our receptionist by dialing "0."

To minimize the impact on the Lodge community, we have preserved all the extension numbers. However, you need to add "4" preceding the existing number.

We will print out a new list of extensions and you can pick up a copy from Doris Poitras our receptionist. We will also publish the new extensions in the June *Lodger* to give those who live afar easy access to the person they wish to contact.

We wish to thank everyone for your patience and understanding during this transition.

If you should encounter any trouble or inconvenience please feel free to contact us so that we can improve on the process.

*Well... my dear father has figured this season; he called it the SPRINTER season. Spring wants to arrive but Winter does not want to leave!!*

## ***Steve E and the Pacemakers Entertain***



Our residents were thoroughly entertained, recently, by a talented group called Steve E and the Pacemakers, top photo.

Led by the choir director Steve, the group visits area long term care homes and retirement residences. They have a wide range of repertoire, singing songs from the 20s to the 60s.

The performance was enjoyable for both the audience and the singers. They performed in our Chapel to a captive audience, seen in bottom photo.

## ***May is National Physiotherapy Month***

National Physiotherapy Month is an opportunity to celebrate the profession and recognize the expertise and care physiotherapists provide to promote good health, prevent injury and improve

the physical function and well-being of Canadians through treatment of a wide range of conditions.

At the Glen Stor Dun Lodge, residents are offered physiotherapy by TIA Rehabilitation Group. Their service is based on individual needs as they recognize each resident is unique.

During the month of May, TIA and their staff, along with our kinesiologist Shannon Mongillo, will spend a day showcasing the different components of the therapy provided.

Please watch for poster of upcoming events and plan to take part in their display and activities.



*Brian Gignac performing a range of motion exercise led by physiotherapy assistant Ally.*



*Roland Bissonnette working up a sweat on the exercise bike.*

## ***Yvonne Paradis and Lise Richer on YouTube***

In an effort to promote the health benefits of immunization, some of our residents and staff took part in the “Get Immunized” video produced by the Eastern Ontario Health Unit.

Yvonne Paradis played the starring role supported by Lise Richer, our hairdresser.

This video, which is broadcast on the Internet, will no doubt reach across Canada and the global community.

You can view the video on YouTube by following this link: [www.youtube.com/ImmunizeCanada](http://www.youtube.com/ImmunizeCanada). Yvonne and Lise can be seen at the 34 to 38 second spot on both the English and the French versions.

## ***Big Bike Challenge for Heart and Stroke Foundation Raised over \$2000***

Heart & Stroke Big Bike is a fundraising event to support research, health promotion, and advocacy in an effort to make a difference to the heart health of Canadians.

True to the Lodge spirit, a team of 23 energetic, enthusiastic riders from Glen Stor Dun Lodge took on the challenge and raised over \$2000.



*A proud group of Glen Stor Dun Lodge riders.*



*Three spirited riders: Dr. Amir Nanji, Norm Quenneville and Anna Marie Breuers.*

## **Hospitality Education Day**



Nutrition Care staff attended the Sysco Healthcare and Hospitality Education Day, April 9, at the new Ottawa Convention Centre.

From left, nutrition care supervisor, Stephanie Hill-Nicholls, Karen Myers, Sylvie Fragnito, chef Shannon Shail, and Donna Bedard experienced two stimulating education sessions. The first presentation was about “The Growing Need of Gluten Free.” They received hand-outs including answers to most frequently asked questions, gluten free diets, tips and substitutions and best practices for preventing cross-contamination.

Keynote Phillip Brown, talking about “A few things I’ve learned in life and business” was inspirational and humorous.

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## *Dealing with the Caregiver Emotion of Guilt*



One thing to remember as a caregiver is that no matter what happened in the past, what you did or did not do, what you could have done better or more often or not at all, whatever happened before—you are here now. You are giving your loved one the care they need.



Another thing to remember is that you may have made mistakes. You will probably make mistakes today. And you almost definitely will make mistakes in your future caregiving efforts. Welcome to reality!

Guilt is a negative emotion that will tear you up inside. Like other negative caregiver emotions, guilt can cause physical sickness and pain. It can cause you to not do well at the jobs that are necessary for you to be an effective caregiver. If not dealt with, guilt can cause you to give up.

One way to deal with feelings of guilt is to keep a Care Journal. Write down the things you have done and the things you are doing now to help your loved one. When you are starting to feel guilty, look back at all the things you have done right. Encourage yourself with your successes.

Here are some other strategies:

- Tackle your guilt – If you are feeling guilty, try to work out why. You will then be able to make clearer decisions about what is right both for you and for the person with dementia.

- Talk things through – Suppressing pent-up emotions can be damaging. One of the most important steps you can take is to talk about your feelings – whether to an understanding professional, a good friend, a counsellor or anonymously, to someone at a helpline.

- Take a break – You will be better able to face the challenge of caring if you take enough breaks away from the person and find time for yourself. Try to find time to reflect and relax, to pursue interests and hobbies, and to socialize with friends and family.

- Separate the past from the present – Try to find some way to separate in your mind your past relationship with the person from the current situation. Some caregivers say they feel as if they are relating to a different person, and that this helps them not to dwell too much on the past.

Another thing to do is to keep a list of things you would like to try, to do, and to

talk about with your loved one when you get a chance. When you find the time (but, let me warn you, it may not be very often) do an activity or have a discussion. You may not get to everything you "should" do, but if you do what you can it will help you to feel less guilty about the other stuff that you leave undone.

And the most important thing you can do to deal with feelings of guilt is to forgive yourself. Beating yourself up over your failures and shortcomings will not help anyone and it won't make you feel any better, so forgive yourself. Give yourself permission to mess up.

As a caregiver, emotions will, at times, overwhelm you. You are not a robot programmed to do everything exactly perfectly. When guilt tries to remind of this fact, turn off that internal soundtrack.

Then be the best caregiver you can be! You can do it! And you can do it very well!



*"Our company is giving you 10,000 free golf balls with our company's info on them. Since you'll lose everyone of them, it'll be good advertising for us."*



## Needed

### Day Program

Special Day Program is in need of a volunteer to assist with activities.

Time commitment: weekly on Mondays from 10 a.m. to 3 p.m. or from 11:30 a.m. to 1:30 p.m.

### Volunteer Meal Assistants

Volunteers will assist in the dining rooms. Duties will include sitting with a resident for company, encouraging a resident to eat, and assisting with cutlery as per resident needs. Some residents may require additional or total feeding assistance. Time commitment: weekly or biweekly during lunch or supper hours.

### Saturday Rec Program Assistance

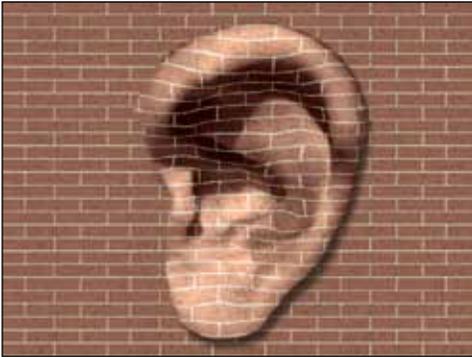
Volunteer will assist residents during recreational programs. May assist with set up, transporting residents to program locations, support residents to participate in activities, and clean up.

If you are interested, please call our Volunteer Department at 613-933-3384, ext. 243.

*Tact is the ability to describe others as they see themselves. ~ Abraham Lincoln, 16th president of the US (1809-1865)*

## *Fantaisies sur les proverbes*

C'est en forgeant qu'on devient forgeron.  
C'est en bouffant qu'on devient bouffon.  
C'est en polissant qu'on devient polisson.



Les murs ont des oreilles.  
Les pieds ont des orteils.

A chaque jour suffit sa peine.  
A chaque mouton suffit sa laine.  
A chaque roi suffit sa reine.  
A chaque gagnant suffit sa veine.

Au royaume des aveugles,  
Les borgnes sont rois.  
Au royaume des ignorants,  
Les faussetés sont lois.

A beau mentir qui vient de loin  
A beau sentir qui ne prend pas son bain  
Une hirondelle ne fait pas le printemps  
Une goutte de pluie ne fait pas le mauvais temps.

Pierre qui roule n'amasse pas mousse  
Qui crie au loup, point de rescousse.

Un tien vaut mieux que deux tu l'auras  
Qui joue à la chance, sa fortune perdra.

A cœur vaillant, rien d'impossible  
A cœur défaillant rien de possible.



Petit à petit, l'oiseau fait son nid  
Si le mauvais temps n'est pas de la partie,  
S'il se trouve des brindilles  
Au beau milieu de la ville  
Si le chat ne le voit pas.



Une rose pour Marie-Rose  
Du lilas pour Nicholas  
Des chrysanthèmes pour Philomène  
Une tulipe pour Philippe et, c'est  
tout ce qui reste,...des pissenlits  
pour Louis.

Il faut mettre de l'eau dans son vin  
Et du vinaigre sur ses frites.

## RIONS ... RIONS...

Une femme entre dans une animalerie et demande un perroquet bilingue.

La vendeuse lui en montre un qui porte une ficelle à chaque patte.

- Si vous tirez sur la gauche, il parle français et sur la droite, anglais.

- Et si je tire sur le deux à la fois ? demande la cliente

- Je tombe par terre, répond le perroquet.

## CHARADES

A) Mon premier est un oiseau parfois bavard, qu'on dit voleur.

Mon second coupe du bois.

Mon troisième accompagne « pas ».

Mon tout est rempli d'eau sans poissons.

B) Mon premier est un grand cri de victoire.

Mon second se porte en hiver.

Mon tout fait se gros dommages

## « NEZ A TOUT »

Il existe plusieurs expressions en français contenant le mot « nez ». En voici quelques-unes. Peux-tu les **jumeler** à leur explication.

1. La moutarde me monte au nez.

2. Avoir bon nez.

3. Rire au nez.

4. Avoir quelqu'un dans le nez.

5. Ça me pue au nez.

6. Passer sous le nez.

7. Se trouver nez a nez.

8. Fermer la porte au nez.

9. Avoir le nez en l'air.

10. Sentir à plein nez.

11. Tirer les vers du nez.

12. Un pied de nez.

13. Se casser le nez à la porte.

14. Ne pas voir plus loin que le bout de son nez.

15. Mener par le bout du nez.

16. Avoir un verre dans le nez.

17. Se montrer le nez.

a) détester quelqu'un

b) faire une apparition

c) éprouver un échec

d) sentir venir la colère

e) faire agir à sa guise

f) se dit d'une forte odeur

g) être éméché

h) faire parler, questionner habilement

i) agir par moquerie devant quelqu'un

j) échapper à la vigilance

k) ressentir un vif écœurement face à quelque chose

l) rebuter éconduire sans délicatesse

m) être hautain

n) être perspicace, capable de flairer quelque chose

o) rencontre fortuite et brusque entre 2 personnes

p) geste de dérision avec la main et le pouce sur le nez

q) être borné, ne pas avoir de discernement

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*Toutes les réponses sont à la page 24*

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## Prière à Marie pour les jeunes (Benoit XVI)



Marie, Mère du « oui », tu as écouté Jésus,  
Et tu connais le timbre de sa voix et le  
battement de son cœur.  
Étoile du matin, parle-nous de Lui  
Et raconte-nous ton chemin pour le suivre  
dans le chemin de la foi.

Marie, toi qui à Nazareth as habité avec  
Jésus,  
Imprime tes sentiments dans notre vie,  
Ta docilité, ton silence qui écoute  
Et fait fleurir la Parole en choix de vraie  
liberté.

Marie, parle-nous de Jésus, pour que la  
fraîcheur de notre foi

brille dans nos yeux et réchauffe le cœur  
de ceux qui nous rencontrent,  
Comme tu l'as fait en rendant visite à  
Elisabeth  
Qui dans sa vieillesse s'est réjouie avec toi  
du don de la vie.

Marie, Vierge du « Magnificat »,  
Aide-nous à apporter au monde la joie et,  
comme à Cana,  
Incite chaque jeune, engagé dans le service  
de ses frères à faire seulement ce que Jésus  
dira.

Marie, pose ton regard sur l'Agora des  
jeunes,  
Pour qu'elle soit le terrain fécond de  
l'Église.  
Prie pour que Jésus, mort et ressuscité,  
renaisse en nous  
Et nous transforme en une nuit pleine de  
lumière, pleine de Lui.

Marie, Vierge de Lorette, porte du ciel,  
Aide-nous à élever notre regard.  
Nous voulons voir Jésus.  
Parler avec Lui.  
Annoncer à tous son amour.

**"If you ever feel distressed during your  
day — call upon our Lady — just say  
this simple prayer: 'Mary, Mother of  
Jesus, please be a mother to me now.'  
I must admit — this prayer has never  
failed me."**

**--Blessed Mother Teresa**

## Nails in the Fence

*Author unknown*

There once was a little girl who could not control her bad temper. So, her mother gave her a bag of nails and told her that every time she lost her temper, she must hammer a nail into the back of the fence.



The first day the girl drove 37 nails into the fence. Over the next few weeks, as she learned to control her anger, the number of nails she hammered daily gradually dwindled down. She discovered it was easier to hold her temper than to drive those nails into the fence.

Finally the day came when the girl didn't lose her temper at all. She told her mother about this and her mother suggested that now she pull out one nail for each day that she was able to hold her temper. The days passed and the young girl was finally able to tell her mother that all the nails were gone. The mother then took her daughter by the hand and led her to the fence.

She said, "You have done well, my daughter, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one."

You can stick a knife into a person and

draw it out. It won't matter how many times you say "I'm sorry," the wound is still there. A verbal wound can be as bad as a physical one.

Your friends are rare jewels indeed. They will make you smile and laugh, and encourage you to succeed or dissuade you from doing wrong. They lend an ear, they share words of praise and they always want to open their hearts. So, cherish your friends, and beware of moments when anger or the wrong choice of words may cut deeper than a knife.

### Church Services for May

#### Catholic Celebrations Saturdays at 10:00 a.m.

May 4 <sup>th</sup>	Deacon Maurice Poirier
May 11 <sup>th</sup>	Deacon Romeo Lefebvre
May 18 <sup>th</sup>	Mgr. Rejean Lebrun
May 25 <sup>th</sup>	Deacon Maurice Poirier

#### Protestant Service

#### Thursdays at 11:00 a.m.

May 2 <sup>nd</sup>	<b>Fellowship Baptist</b> (Pastor John Scorgie)
May 9 <sup>th</sup>	<b>Salvation Army</b> (Pastor Cole)
May 16 <sup>th</sup>	<b>Trinity Anglican Church</b> (Ven. Frank Kirby)
May 23 <sup>rd</sup>	<b>Salem United Church</b> (Ms. Wilma Scott)
May 30 <sup>th</sup>	<b>Fountaingate Christian</b> Pastor Brad Montsion

## COMING EVENTS

- Mother's Day Crafts
- Mother's Day Tea
- Mother's Day Bingo

### *BirthDay Wishes*

Happy Birthday to all our clients who are celebrating their big day this month:

- \* Editta Japuncic May 2
- \* Rudy Marsolais May 8
- \* Simone Poirier May 10
- \* Sybil Smith May 12
- \* Fernand Blain May 18
- \* Vicky Major May 24
- \* Anna Whittaker May 30

## New Acquaintances

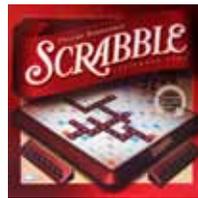
We would like to welcome our newcomers who joined the Day Program recently:

- \* Gwen Lefebvre
- \* Jeannine Major
- \* Marie Alice Levert
- \* Tim Labelle
- \* Irene Labelle



Meals on Wheels client **Margaret MacKinnon** has graciously donated \$200.00 to go towards purchasing door prizes for the Meals on Wheels Volunteer Recognition event - "Coffee Party" - which will be held on May 27, at the Best Western Parkway Inn.

## ATTENTION! NEEDED!



Anyone having an old scrabble game and not using it, the Day Away Program welcomes your donation, as we are interested in doing a craft with it. Thank you very much!

*Day Away staff would like to take this opportunity to wish all mothers a very special Mother's Day.*



"Happy Mother's Day" means more Than have a happy day. Within those words means lots of things we never get to say.

It means I love you most of all,  
Then thanks for all you do.  
It means you mean a lot to me,  
And that I honor you.

But most of all, I guess it means  
That I am thinking of  
Your happiness on this, your day,  
With pleasure and with love.

## National Nursing Week May 6-12



Glen Stor Dun Lodge will be hosting a series of events to commemorate National Nursing Week. We will offer an update in the June Lodger.

In the meantime, here is a poem written by a family member, a volunteer and a nurse herself – Nancy Pilgrim - who has made interesting observations from her perspective, about how nursing has changed through the years.

### Nursing Changes

Nursing is not what it used to be,  
Now we are in the twenty-first century.

Nurses used to wear starched, white, dress uniforms,  
Today comfy, coloured pants are the norm.

Long sleeved outfits would cover the arms,  
Now short sleeved tops will do no harm.

Caps with black bands were worn proudly on heads,  
But like the saying "here today, gone tomorrow," the caps are dead!

One used to wear the white nylons and laced shoes,

Now one has beige hosiery or socks and track shoes.

There used to be navy capes to put on,  
Presently it's lab coats or sweaters to don.

Hair styles were up and off the collar, as in pics,  
At the present time they are still up, but not as strict.

Nurses used to stand up when doctors came on their grounds,  
Nowadays with all the work, doctors often make their own rounds.

Doctors used to be treated as God-like creatures in the super-human race,  
Present times show them as plain human beings, with wisdom and grace.

We question and tell doctors about patient treatments and comments,  
Things used to be done only with the physician's consent!

So, the torch-of-change is thrown from year to year,  
And the transformations gradually will appear.

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# May 2013



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Sunday	5	Monday	6	Tuesday	7
09:45 UNO (4) 10:45 Daisies (Dundas) 02:00 Treat Trolley (Cornwall)		10:00 Coffee with Bill (4) 10:00 ButterCups (3) 10:15 Tea and Trivia (Dundas) <b>11:20 2&amp;3 Lunch Bunch</b> 02:30 Darts(2)		<b>10:00 Tour Behind The Scenes (Meet in TR)</b> <b>02:00 Movie Matinee</b> 04:00 Beautiful You (Dundas) <b>06:45 Kinette Bingo (TR)</b>	
Sunday	12	Monday	13	Tuesday	14
09:45 Pet Visits 02:00 Treat Trolley (Dundas)		10:00 Coffee with Bill (4) 10:00 Morning Tea (3) 10:15 Tea and Trivia (Dundas) <b>11:20 4th Floor Lunch Bunch</b> 12:00 Friendship Cafe (Dundas) 02:30 Darts (2)		<b>10:00 East Front School Visit (TR)</b> 11:45 Bistro (TR) <b>02:00 Spring Craft (TR)</b> 04:00 Beautiful You (Dundas) 06:00 Tabletop Shuffleboard (Dundas)	
Sunday	19	Monday	20	Tuesday	21
09:45 UNO (4) 10:45 Sunflowers (3) 02:00 Treat Trolley (Cornwall)		<b>Victoria Day</b> 		10:00 Sandbags (3) 10:00 UNO (4) 10:30 Walk and Talk (2) 11:45 Bistro (TR) <b>02:00 Birthday Party with Georgie (TR)</b> 04:00 Beautiful You (Dundas) 06:00 Yahtzee (Cornwall)	
Sunday	26	Monday	27	Tuesday	28
09:45 Pet Visits 02:00 Treat Trolley (Dundas)		10:00 Coffee with Bill (4) 10:00 Tea Social (3) 10:15 Tea and Trivia (Dundas) 12:00 Bistro (Dundas) 02:30 Darts (2)		<b>10:30 Resident Council Mtg. (TR)</b> 11:45 Bistro (TR) <b>02:00 X-BOX GAMES (TR)</b> 02:00 UNO (4) 04:00 Balloon Tennis (3) 04:00 Beautiful You (Dundas) 06:00 TV Classics (Cornwall)	

<b>Wednesday</b>	<b>1</b>	<b>Thursday</b>	<b>2</b>	<b>Friday</b>	<b>3</b>	<b>Saturday</b>	<b>4</b>
10:00 Millionaires Club (4) 10:00 Gardening (3) 10:00 Gardening(2) 10:15 Corvettes (Cornwall) 11:15 Chapelet (Chapel) <b>11:20 Shopping Trip</b> 02:30 Beautiful You (4) 02:30 Current Events (Cornwall) 04:00 Beautiful You (3) 04:00 Creation Corner (Cornwall)		09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (4) 11:00 Church Service: (Chapel) 11:45 Bistro (TR) 02:00 <b>Happy Hour with Faye</b> (Pub/TR) 04:00 1-1 Visits (Cornwall) 04:00 Left, Right, Center (3) 06:00 Yahtzee (Dundas)		08:00 2 <sup>nd</sup> FL Men's Breakfast(TR) 10:00 Wheel of Fortune (4) 10:00 Corvettes (3) 10:00 Crafters Cove (Dundas) 10:00 Mustangs (Cornwall) 02:00 Treat Trolley (Stor/4) 02:00 House & Home (Dundas) 02:00 Country Drive(2) 04:00 Beautiful You (Dundas)		10:00 Liturgy of the Word and Communion Deacon M. Poirier (Chapel)  02:00 Bingo (TR)	
<b>Wednesday</b>	<b>8</b>	<b>Thursday</b>	<b>9</b>	<b>Friday</b>	<b>10</b>	<b>Saturday</b>	<b>11</b>
<b>10:30 Nativity Bowling</b> 10:15 Corvettes (Cornwall) 11:15 Chapelet (Chapel) 02:00 Bingo(TR) 02:30 Current Events (Cornwall) 04:00 Paper Shredding (Cornwall)		09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3) 11:00 Church Service: (Chapel) 11:45 Bistro (TR) 02:30 Res. Services Dept. Mtg. 04:00 Shuffleboard (Dundas) 06:00 Paper Shredding (Cornwall)		08:00 2 <sup>nd</sup> FL Ladies Breakfast (TR) 10:00 Wheel of Fortune (4) 10:00 Buttercups (3) 10:00 Crafters Cove (Dundas) 10:00 Balloon Tennis (Cornwall) <b>02:00 Mother's Day Tea (TR)</b> 04:00 Beautiful You (Dundas)		10:00 Liturgy of the Word and Communion Deacon R. Lefebvre (Chapel)  02:00 Bingo (TR)	
<b>Wednesday</b>	<b>15</b>	<b>Thursday</b>	<b>16</b>	<b>Friday</b>	<b>17</b>	<b>Saturday</b>	<b>18</b>
10:00 Millionaires Club (4) 10:15 Corvettes (Cornwall) 10:15 Gardening (2) 10:00 Balloon Tennis (3) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 02:30 Current Events (Cornwall) 04:00 Friendly Visits (3) 04:00 House & Home (Dundas)		09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (2) 11:00 Church Service: (Chapel) 11:45 Bistro (TR) <b>02:00 Happy Hour with Johnny M (TR)</b> 04:00 Friendly Visits (Cornwall) 06:00 Sandbags (Dundas)		08:00 3 <sup>rd</sup> FL Breakfast (TR) <b>09:00 – 11:30 Cornwall Audiology Clinic (4)</b> 10:00 Buttercups(3) 10:00 Morning Tea (Dundas) 10:00 News & Views (Cornwall) <b>11:00 2<sup>nd</sup> &amp; 3<sup>rd</sup> Lunch Bunch</b> 02:00 Treat Trolley (Glen/4) 02:00 Baking (Dundas) 02:30 Country Drive(2) 04:00 Beautiful You (Dundas)		10:00 Mass Mgr. Réjean Lebrun (Chapel)  02:00 Bingo (TR)	
<b>Wednesday</b>	<b>22</b>	<b>Thursday</b>	<b>23</b>	<b>Friday</b>	<b>24</b>	<b>Saturday</b>	<b>25</b>
10:00 Millionaires Club (4) 10:00 Gardening (3) 10:00 Gardening(2) 10:15 Corvettes (Cornwall) 11:15 Chapelet (Chapel) <b>02:00 Le Choeur en Fete Choir (TR)</b> 04 :00 House & Home (Dundas)		09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/4) 11:00 Church Service: (Chapel) 11:45 Bistro (TR) <b>02:00 Happy Hour: Vern &amp; Friends (TR)</b> 04:00 Reading Club (Cornwall) 06:00 Animal Races (Cornwall)		08:00 4 <sup>th</sup> FL Breakfast (TR) 10:00 Wheel of Fortune (4) 10:00 Buttercups (3) 10:00 News & Views (Cornwall) 10:00 Morning Tea (Dundas) <b>11:20 4<sup>th</sup> Floor Lunch Bunch</b> <b>02:00 Vacation Station (TR)</b> 04:00 Beautiful You (Dundas)		10:00 Liturgy of the Word and Communion Deacon M. Poirier (Chapel)  02:00 Bingo (TR)	
<b>Wednesday</b>	<b>29</b>	<b>Thursday</b>	<b>30</b>	<b>Friday</b>	<b>31</b>		
10:00 Millionaires Club (4) 10:00 Washer Toss (3) 10:00 Baking (Dundas) 10:15 Gardening (2) 11:15 Chapelet (Chapel) 02:00 Bingo(TR) 02:30 Current Events (Cornwall) 04:00 Gardening (3) 04:00 Short Story Central (Cornwall)		09:30 Liturgy of the Word with Communion (4) 10:00 Care Conferences (3/4) 11:00 Church Service: (Chapel) 11:45 Bistro (TR) <b>02:00 Memorial Service (Chpl)</b> 04:00 Reading Club (Cornwall) 06:00 Animal Races (Cornwall)		08:00 2 <sup>nd</sup> FL Mens Breakfast(TR) 10:00 Crafters Cove (Dundas) 10:00 Balloon Tennis (Cornwall) 02:00 Treat Trolley (STOR/4) 02:30 Baking (Dundas) 02:00 Country Drive (2) 04:00 Creation Corner (Cornwall)		<b>Legend for location of activities</b> 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	

*May 2012*



<i>Reginald Lalonde</i>	<i>May 01, 1926</i>
<i>Jean Paul Leblanc</i>	<i>May 03, 1937</i>
<i>Jean Paul Cuillerier</i>	<i>May 04, 1930</i>
<i>Margaret Prevost</i>	<i>May 05, 1922</i>
<i>Henri Theoret</i>	<i>May 10, 1919</i>
<i>Beatrice Dionne</i>	<i>May 12, 1924</i>
<i>George Hambelton</i>	<i>May 15, 1930</i>
<i>Jean Paul Theoret</i>	<i>May 15, 1928</i>
<i>Laurette Kilger</i>	<i>May 20, 1917</i>
<i>Lynn Ann Sawinski</i>	<i>May 21, 1961</i>
<i>Francois St. Onge</i>	<i>May 26, 1931</i>
<i>Margaret Varin</i>	<i>May 28, 1929</i>

*This month's birthday party is sponsored by the Navy Veterans Association.  
It will be held on Tuesday, May 21<sup>st</sup>, at 2:00 p.m., in the Rotary Tea Room.*

*A smile is the lighting system of the face, the cooling system of the head  
and the heating system of the heart.*

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on their birthdays and  
anniversaries.*



## ACTIVITY HIGHLIGHTS

### SOCIAL ENTERTAINMENT

- May 2 Happy Hour with Faye
- May 10 Mother's Day Tea
- May 14 East Front School Visit
- May 16 Happy Hour with Johnny M
- May 21 Birthday Party with Georgie
- May 22 Le Choeur en Fête Choir
- Mat 23 Happy Hour with Vern & Friends

### FUN AND GAMES

- May 7 Movie Matinee
- May 7 Kinette Bingo
- May 24 Vacation Station
- May 28 X-box Kinect

### OUTINGS

- May 1 Shopping trip
- May 6/17 2/3 Floor Lunch Bunch
- May 8 Bowling at Nativity
- May 13/24 4<sup>th</sup> Floor Lunch Bunch

### OTHER

- May 7 Tour of the Main Kitchen
- May 17 Cornwall Audiology  
Clinic Visit
- May 30 Memorial Service

*My mother had a great deal of trouble with me, but I think she enjoyed it. ~ Mark Twain*

## Mother's Day Dinner



*Sunday, May 12*

### MENU

*Soup du Jour  
Coq au Vin or Pepper Steak*

*Herb Whipped Potatoes or  
Roast Potatoes*

*Mashed Turnip and Carrot or  
Broccoli*

*Choice of Salads and Rolls  
Cream Pie or  
Pineapple Upside Down Cake  
Tea or Coffee*

*\$15.00 for Adults  
\$10.00 for Children (10 and under)*

*Please make your reservation in the  
Rotary Tea Room with the server.*

## *Thérèse Brisebois Receives Frances Lafave Award*



*Thérèse Brisebois, centre, receiving the Frances Lafave Award as Volunteer of the Year at Glen Stor Dun Lodge, from Linda Geisel and Norm Quenneville.*

Thérèse Brisebois's volunteer career is a passion that fulfills a calling, an answer to her prayers and a gift from her heart.

She recalls in 1976 when she fell ill and landed in the hospital. This gave her some quiet time to reflect on what she could do to contribute to society besides raising a family. She was questioning a bigger purpose that would give meaning to her life. She prayed and made a promise to God, as Thérèse always did when she needed guidance and affirmation, that she would

visit the elderly once she was back on her feet.

Thérèse began visiting the residents at Bestview Nursing Home where her father resided. She also assisted Fr. Réjean Lebrun with the celebration of the Mass. Thérèse was very uncomfortable working with the dementia residents as she did not understand the disease. Nonetheless, she continued to expand her volunteer service to include St. Joseph's Villa and the Glen Stor Dun Lodge.

Thérèse has fond

memories working with Lorne Taillon, recreolgoist, helping him with the Diners' Club. She transported residents to and from the rooms, served dinner and cleaned up after the meal. Of course her favourite part was visiting with the folks over dinner.

Spiritual and Religious care continues to be her passion and Thérèse joined the Rosary group coordinated by Arnold Fobert and leads our residents in prayer monthly. She also provides Communion on our Special Care Units.

To this day, Thérèse still finds it surprising that she has come to love our dementia residents. Her understanding of the disease grew from personal experience when her aunt Irene Menard succumbed to the illness. Her love for her aunt helped her to see the person behind the disease. She recognizes that like everyone else, dementia sufferers need opportunities to thrive in all facets of what make them a worthy human being.



*Thérèse Brisebois, right, spending time with a Lodge resident.*

This includes spiritual and religious care.

Thérèse is both respectful to the consecrated hosts and the persons receiving them. She assesses day to day if a dementia resident is cognizant of the act of receiving the Eucharist. She is pleasantly surprised at how these residents are able to stop their pacing, bow their heads, repeat prayers and receive the host with a sense of gratefulness. When she sees a resident who is unable to concentrate or understand the act of communion, she simply prays quietly with them. Thérèse feels a sense of peace whenever she is

able to reach our dementia residents through prayers and sacraments.

In 2012, Thérèse lost a daughter to illness. It was a very difficult time for her. The depth of sadness, so

cutting to her soul, caused her to fall ill and she was hospitalized over the Christmas season. Once again, Thérèse prayed. This time, it was not a promise but a demand that sealed her fate. In her own words, she asked God, "If you still have a purpose for me God, please heal me quickly. If not, please take me now."

As you can see, Thérèse is well today and continuing with her volunteer service. God's intent is clear and so is her purpose in life. Residents and staff of the Lodge are most grateful. Her commitment and dedication deserve the honour of the Frances Lafave Award.



*Rene Leger receives a certificate for putting in 1,000 hours of volunteer service at the Lodge, at the Volunteer Appreciation Dinner, April 24. (More photos on page 20.)*

## VOLUNTEER APPRECIATION



*Lorraine Gauthier received a certificate for 500 hours of volunteer service at the Lodge. Stella Howard was not present to receive her certificate.*



*Bernie Thauvette, a former winner of the Frances Lafave Award, received a certificate for 1,000 hours of volunteer service at the Lodge.*



*Kim Brunet helped serve dinner.*



*Shannon Shail, Syloie Fragnito and Stephanie Hill-Nicholls making last minute plans for the food service.*



*These volunteers enjoyed dinner!*



*Louis Banyai played "Who Am I?"*

## Art Expressions Presents Liane Geoffrion



now, one hundred paintings later, I still get excited when facing a blank canvas and a brand new project.

Email: [lianegeoffrion@hotmail.com](mailto:lianegeoffrion@hotmail.com)

Tel: 613-933-3916

I consider myself to be a self-taught artist and it was certainly a gift to discover my passion for painting in 2006, when my retirement needed some perking up.

For many years, I had enjoyed stained glass painting and tole painting. Since then, I have dabbled in oils and watercolours but my main love is acrylics.

I am a realist painter and I fuss over details but enjoy every minute of it.

Being a snowbird, I get to enjoy the best of both worlds, painting local scenes of Canada and Florida.

In 2009, I experimented with children's portraits, which led me to adult portraits, animals and birds.

Learning new techniques and teaching painting to adults are my goals for the coming year.

My history as an artist is only seven years old but it has been the most rewarding experience of my life. I do what I love and



*Hat by the Tree*

Liane has enjoyed many successes, some of which include:

2006, Honorable Mention from the Frostproof Art Guild, Florida.

2009, Honorable Mention from the Zephyrhills Art Club, Florida.

2011, 1st prize in Acrylics, Focus Art Association, Cornwall.

2012, "People's Choice Award" Glen Stor Dun Lodge, Cornwall.

## *Wine and Cheese Social Held April 10*

Though the event was postponed, it did not alter the enthusiasm of the participants. There was such a great turnout that the Council executives are contemplating moving the February event permanently to spring.

The Council would like to thank all the donors who contributed to the cheer basket, Carol Paschek for the Eight Zero Zero gift certificate and Norm Quenneville for the fruit platters.

Karen Schwabe once again graced the event by offering piano music.

The Nutrition Care department catered

the refreshments and demonstrated their utmost professionalism.

Last but not least, the Resident Services staff helped coordinate the function.

During this year's event, the Council honoured their Past President Bob Ross who served as the Chair since 2007.

Bob came to the Council through his association with the late Jack McKerchar.

Both Bob and his wife Shirley are very involved with the Lodge's activities.

Bob resigned after his struggle with ill health but continues to stay in touch with the Lodge from time to time.



*Bob Ross was presented a recognition photo frame at the Wine and Cheese social. He was clearly moved by the appreciation shown him.*



*Council executives Bernie Thauvette, left, and Henry Kyte, along with Denise Symington conducted free draws for the attendees.*



*Reg and Rhea Lalonde enjoyed a great afternoon with their family.*



*Enjoying the social, from left, are June McCrimmon, Judy Leger, Phyllis Fourney, Helen Aitken, and Darlene McMartin.*

## **WELCOME NEW RESIDENTS**

On behalf of the residents, families, staff and volunteers, we welcome the following residents to the Lodge

Wilfred Labelle

Rene Lafleche

Jean Paul Theoret

Hugh McDougald

Maurice Picard

Georgette Davidson

Lynn Ann Sawinski

## Réponses (p. 9)

### CHARADES

- A) piscine (pie-scie-ne)
- B) ouragan (hourra-gant)

### NEZ A TOUT

- 1. d
- 2. n
- 3. i
- 4. a
- 5. k
- 6. j
- 7. o
- 8. l
- 9. m
- 10. f
- 11. h
- 12. p
- 13. c
- 14. q
- 15. e
- 16. g
- 17. b

## Answers for page 28



ANIMAL	BABY
1. Wolf	E. Pup
2. Cat	A. Kitten
3. Horse	B. Foal
4. Chicken	D. Chick
5. Eagle	C. Eaglet

## 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*



## We Have a Little Garden

*by Beatrix Potter*

We have a little garden,  
A garden of our own,  
And every day we water there  
The seeds that we have sown.

We love our little garden,  
And tend it with such care,  
You will not find a faded leaf  
Or blighted blossom there.

**Glen Stor Dun Lodge  
Resident Council Executive**

Dr. Patricia Irwin, President  
Louis Banyai, Vice President  
Manson Cameron, Secretary  
Jean Paul Cuillerier, Treasurer

**Glen Stor Dun Lodge  
Resident Council Meeting  
Tuesday, May 28  
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

**IN MEMORIAM**

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

Cecil Paupst  
David Cummings  
Georges Nadeau  
Sylvia Crusto  
Mary St. Denis

**Family Council Executive**

**2nd floor representatives**  
Carol Paschek (613-931-9963)  
**3rd floor representatives**  
Henry Kyte, Chair (613-932-8806)  
Bernie Thauvette (613) 931-3488)  
**4th floor representatives**  
Denise Symington (613-932-8125)  
Margaret Gordon (613-938-7678)

**Glen Stor Dun Lodge  
Family Council Meeting  
Wednesday, May 15  
1:30 p.m. ~ Library**

**Special Care Dementia Care  
Family Support Group**

**Wednesday, May 29  
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**

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## ***Motherhood, Parenthood, Childhood***

“If evolution really works, how come Mothers only have two hands?” - -Milton Berle

“Insanity is hereditary; you get it from your children!” - - Sam Levenson

“Children are natural mimics who act like their parents despite every effort to teach them good manners.” - - Anon

“Working mothers are guinea pigs in a scientific experiment to show that sleep is not necessary to human life.” - - Author Unknown

“My mother loved children -- she would have given anything if I had been one.” - - Groucho Marx



**Mom's Best Helper**

“Setting a good example for your children takes all the fun out of middle age.” - - William Feather

“I want my children to have all the things I couldn't afford. Then I want to move in with them.” - - Phyllis Diller

“My mother's menu consisted of two choices: Take it or leave it.” - - Buddy Hackett

“When I was a boy, my mother wore a mood ring. When she was in a good mood it turned blue. In a bad mood, it left a big red mark on my forehead.” - - Jeff Shaw

“Children are a great comfort in your old age - and they help you reach it faster, too.” - - Lionel Kaufman

“I'd like to be the ideal mother, but I'm too busy raising my kids.” - - Anon

### **Lunch Tab**

A deer, a skunk and a duck stopped for lunch downtown. Who paid the tab?

Not the deer - she didn't have a buck. Not the skunk - he didn't have a scent. So they put it on the duck's bill.



## Fourth Floor Winners at UNO

The 4<sup>th</sup> floor UNO games continue to roll every week and there have been some solid scores as of late.



Kay Brisson seemed to have the horseshoe recently, collecting four wins and leading in the winner's circle.

Here is a recap of how things shaped up after the month of April.

- Kay Brisson: 32, 37, 41, 51
- Helen Aitken: 38, 42
- Norma Gibson: 19
- Shirley Warner: 39
- Louis Banyai: 42

### Anita Reed Records High Score in Darts

Another successful month in resident dart action resulted in some pretty good scores as we hopped into the spring season.



The Monday afternoon group has seen new faces as of late and this has only

added to the great scores.

The best individual score honors belonged to Anita Reed in April, as she broke the 100 point barrier with an incredible 117 points.

As for the bullseye department,

here is a list of some names both new and old: Jeannette Fournier, 3, June McCrimmon, 2, Theresa Carrierre, 2, J.P. Theoret, 1, Rolland Bissonnette, 1, Evelyn Harding, 1, Peggy Poirier, 1, Reggie Lalonde, 1 and Manson Cameron, 1. It seemed like everyone was able to get in on the action. Great scores all around!

### Reggie Lalonde Shows Sandbag Skills

Sandbag scores for the month of April were great, as usual, but one resident seemed to find some consistency in his game.



Reggie Lalonde was outstanding with the sandbags recently, posting high score after high score and lighting up the leaderboard in all departments.

Not only did his 1620 points prove to be the highest but he also had the most scores of 1000 points or better to boot.

All in all Reggie's 6 highest totals are worth mentioning. Here they are: 1570, 1460, 1425, 1330 and 1280.

Some other great scores from a jam packed month include: Peggy Poirier, 1300, Evelyn Harding, 1275, Jeannette Fournier, 1190, Theresa Carrierre, 1170, Helen Locey, 1110, Noella Bellmore, 1090, Hattie Armstrong, 1050 and Veronica Jardine-Perriera, 1050.

We are looking forward to the next crop of great scores.

**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. S Y M B O L

- Build            Care
- Climb          Dome
- Forms          Halls
- Light          Rite
- Roof            Seats
- Space          Steps
- Study          Temple
- Unique         Vogue

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

**Note:** Some of you were not able to find the word BEACH, last month. It was our error. Our apology to all the SEARCH-A-WORD enthusiasts.

***Matching Family Members in Animal Kingdom***

*Match each animal with its baby. Answers on page 24.*

<b>ANIMAL</b>	<b>BABY</b>
1. Wolf	A. Kitten
2. Cat	B. Foal
3. Horse	C. Eaglet
4. Chicken	D. Chick
5. Eagle	E. Pup