


# HOME'S DIRECTORY

Executive Director "ED" Paul Beverley <a href="mailto:Pbeverley@Southbridgecare.ca">Pbeverley@Southbridgecare.ca</a> (613) 744-1861* 115	Director Of Care "DOC" Stacey Chung <a href="mailto:Schung@Southbridgecare.ca">Schung@Southbridgecare.ca</a> (613) 744-1861* 110	Clinical Nurse "CN" Maureen Turgeon <a href="mailto:Mturgeon@Southbridgecare.ca">Mturgeon@Southbridgecare.ca</a> (613) 744-1861* 116
Dietary Manager "DM" Ruth Emile <a href="mailto:Remile@Southbridgecare.ca">Remile@Southbridgecare.ca</a> (613) 744-1861* 113	Office Manager "OM" Sherrie Dagg <a href="mailto:Sdagg@Southbridgecare.ca">Sdagg@Southbridgecare.ca</a> (613)744-1861 * 121	Programs Manager "RPM" Martine de Souza <a href="mailto:Mdesouza@southbridgecare.ca">Mdesouza@southbridgecare.ca</a> (613)744-1861* 111
<u>South</u> Nursing station <u>Days</u> 07:00am -02:59pm (613) 744-1861*212	<u>West</u> Nursing station <u>Days</u> 07:00am-02:59pm (613) 744-1861*214	Acting Family Council Chair "FCC" Polly Malik (613)292-5946 <a href="mailto:pollymalik@rogers.com">pollymalik@rogers.com</a>
<u>South</u> Nursing station  <u>Evening &amp; nights</u> 03:00pm -6:59am (343) 996-5750	<u>West</u> Nursing station  <u>Evening &amp; nights</u> 03:00pm-6:59am (613) 286-1593	We can also be reached during the day : (613)741-9501 

## Marochel Manor Welcome's

Marion B. # 119-1  
Sharon C. # 146-1  
Réjeanne D. #107-1

## WE REMEMBER

Lise Lecuyer 54 yrs.  
Theresa Cameron 87yrs.  
Clovis Desmarais 95yrs.



## INVENTORY FORM

When bringing clothing articles or items for your loved ones, we recommend you continue to fill out a Personal Clothing Form, for identification purposes and record keeping. You can ask the screener or the Office Manager for the form. All items received by the screener will be quarantined for 72hrs before being released to the resident. \* **Please plan your birthday & Christmas gifts accordingly\***

ES Management



**December 2022 Newsletter**

**949 Montreal Road K1K 0S6**

**Tel.: (613) 744-1861 Fax: (613)744-4062**



## Bitter Farwell

Since 2018, the home has had the privilege of working hand in hand with our dear PTA, Vanessa Tanguay. For the past 4 years, she has devoted herself to the physical and emotional well-being of our residents. She would often go out of her way to make sure the resident's needs were met. Unfortunately for us and Achieva, her hiring company she leaves us on Dec 16<sup>th</sup>, 2022, for greener pastures.

She will be greatly missed.

Rest assured Achieva will provide the home with a suitable replacement.














# DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>December Birthday</b> Armand P. 01 Irma T. 04 Kenneth L. 08 Luc P. 31	<b>Special Announcement</b> Friday December 16 <sup>th</sup> will be Vanessa PTA's last day with us	<b>Special Announcement</b> Thursday Dec. 08 <sup>th</sup> Sweet And Salty Bake Sale. We're looking for baker to donate baked goods. If interested please speak with Programs Department. Don't forget to come out and support!	<b>Reminder</b> Thursday Dec 22 <sup>nd</sup> be the resident's Christmas party 1:30-4:00pm	<b>1</b> 09:45 Exercise class PTA 10:00 Snoezelon 11:00 Montessori 02:00 Bean bag toss 03:30 Friendly visits 06:00 Short stories	<b>2</b> 09:45 Exercise class PTA 10:00 News Hour (A) 11:00 Mental aerobics <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities <b>06:00 Music Guy Lalonde</b>	<b>3</b> 10:00 Nail Salon & Spa sensation <b>02:00 Anglican Spiritual Service</b> 03:30 Friendly visits 06:00 Short Stories
<b>4</b> 10:00 Televised mass 11:00 Zumba 02:00 Create Christmas Crafts 03:30 Friendly visits 06:00 Guess that tune	<b>5</b> 09:45 Exercise class PTA 10:00 Morning therapy 11:00 Cover up dice 02:00 Balloon tennis 03:30 Friendly visits 06:00 Badminton	<b>6</b> 10:00 Chair dance exercise 11:20 Bible v. stories (A) <b>02:00 Baking festive cookies</b> 03:30 Friendly visits/ Sun downing activities 06:00 Frisbee	<b>7</b> My Wish updates <b>11:00 Mass</b> 02:00 Bean bag toss 03:30 Knitting club (A) 06:00 Card game "7UP"	<b>8 Bake Sale</b> 09:45 Exercise class PTA 10:00 Rosary 11:00 Group discussion <b>11:00-3:00 Bake sale Start</b> <b>02:00 Music Noel Dimar</b> 03:30 Friendly visits 06:00 Wheelchair exercise	<b>9</b> 09:45 Exercise class PTA 10:00 News Hour (A) 11:00 Floor dart <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities 06:00 Guess who	<b>10</b> 10:00 Nail Salon & Spa sensation <b>02:00 Music Guy Lalonde</b> 03:30 Friendly visits 06:00 Ball toss
<b>11</b> 10:00 Televised mass 11:00 Painting time 02:00 Social Tea and cookies 03:30 Friendly visits 06:00 Chair dance exercise	<b>12</b> 09:45 Exercise class PTA 10:00 Montessori 11:00 Parachute <b>02:00 Festive Social hour</b> 03:30 Friendly visits 06:00 Ball toss	<b>13</b> <b>10:00 Chair dance Exercise</b> 11:20 Bible v. stories (A) <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities 06:00 Hot potato	<b>14</b> My Wish updates 11:00 Day program in lobby 02:00 Frisbee 03:30 Knitting club (A) 06:00 Card game " Euchre"	<b>15</b> 09:45 Exercise class PTA 10:00 Rosary 11:00 Montessori <b>02:00 Music: Alfred Schmidt</b> 06:00 Aim for the stars	<b>16 Vanessa PTA's last day</b> 10:00 News Hour (A) 11:00 Basket ball <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities 06:00 Group discussion	<b>17</b> 10:00 Nail Salon & Spa sensation <b>02:00 Anglican Spiritual Service</b> 03:30 Balloon Tennis 6:00 Guess that tune
<b>18</b> 10:00 Televised mass 11:00 Spelling bee <b>02:00 Music Guy Lalonde</b> 03:30 Friendly visits 06:00 Double Exposure	<b>19 First day of Hanukkah</b> 10:00 Chair dance Exercise 11:00 Hanukkah historical 02:00 Hanukkah brainstorming 03:30 Friendly visits 06:00 Mad lips	<b>20</b> <b>10:00 Chair dance Exercise</b> 11:20 Bible Study <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities 06:00 Horseshoe	<b>21 Winter begins</b> My Wish updates <b>11:00 Mass</b> 02:00 Winter Charade 03:30 Knitting club (A) 06:00 Card game " Go Fish"	<b>22 Residents XMass Party</b> 10:00 Rosary <b>1:30-04:00pm Games</b> story telling, poetry reading <b>02:00 Music Noel Dimar</b> 06:00 Movie night	<b>23</b> 10:00 News Hour (A) 11:00 Super quiz <b>02:00 Bingo</b> 03:30 Friendly visits/Sun downing act 06:00 Memory game	<b>24</b> 10:00 Nail Salon & Spa sensation 02:00 Parachute 03:30 Friendly visits 06:00 Discussion group
<b>25</b> 10:00 Televised mass <b>11:00 Xmass hangman</b> 02:00 Reminiscence 03:30 Friendly visits/ <b>06:00 Christmas movie with Eggnog and cookies</b>	<b>26</b> 10:00 Chair dance Exercise 11:00 Montessori 02:00 Holiday theme Brainstorming 03:30 Friendly visits 06:00 Bowling	<b>27</b> <b>10:00 Chair dance Exercise</b> 11:20 Bible Study <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing act. 06:00 Pictionary	<b>28</b> My Wish updates 11:00 Arts & Crafts : Giant tissue flowers 02:00 Exercise wheel 03:30 Knitting club (A) 06:00 Bean bag toss	<b>29</b> 10:00 Rosary <b>11:00 Resident Council</b> 02:00 Well wishes card making 03:30 Friendly visits <b>06:00 Music Noel Dimar</b>	<b>30 Zahra Off</b> 10:00 News Hour (A) 11:00 Floor Dart <b>02:00 Bingo</b> 03:30 Friendly visits/ Sun downing activities 06:00 Coloring pages	<b>31</b> 10:00 Nail Salon & Spa sensation <b>02:00 New years Eve hangman</b> 03:30 Friendly visits 06:00 Resolution

## Golden Years 90's + Milestone Recognition

	<i>N. Joumaa</i>	<i>-97</i>	
	<i>M. Munoz</i>	<i>-93</i>	
	<i>P. Lepine</i>	<i>-93</i>	
	<i>G. Paquin</i>	<i>-92</i>	
	<i>M. Oliveira</i>	<i>-94</i>	
	<i>M. Leblanc</i>	<i>-94</i>	
	<i>Scarlett</i>	<i>-92</i>	
	<i>J. R.–Desrochers</i>	<i>-90</i>	
	<i>Y. Jolicoeur</i>	<i>-100</i>	
	<i>M. Baptiste</i>	<i>-90</i>	
	<i>L. Laroque</i>	<i>-95</i>	
	<i>C. Bosktael</i>	<i>-95</i>	
	<i>R. Jetter</i>	<i>-99</i>	
	<i>R. Gendron</i>	<i>-93</i>	



The quality and satisfaction of your experience in the home and your time spent with us is extremely important. The best way for us to understand and improve what we are doing well is to hear directly from you.

To gather your feedback we will be sharing this year's **resident and family satisfaction survey** starting **November 8th, 2022**.

The survey will be conducted online and we kindly ask that you complete yours by **December 9, 2022**. Below is the link or the QR code you can follow to access the survey.

We thank you for your continuous feedback.

[Extendicare Assist LTC 2022 Family Satisfaction Survey \(alchemer-ca.com\)](https://alchemer-ca.com/Extendicare-Assist-LTC-2022-Family-Satisfaction-Survey)

## **Birthday December**

<i>Armand P.</i>	<i>Dec. 01</i>
<i>Irma T.</i>	<i>Dec. 04</i>
<i>Kenneth L.</i>	<i>Dec. 08</i>
<i>Luc P.</i>	<i>Dec. 31</i>

QR code for Family Satisfaction Survey 2022





**Who: You are invited  
what: Marochel' s annual  
bake Sale**

**When: Thursday, Dec. 08th  
from 11:00 -3:00 pm**

\*\*\*\*\*

A local artisan will be present with  
Beautiful jewelry.  
Please cash only.  
Hope to see you there



Mark it on your calendars  
*Residents' Christmas PARTY*

**Thursday, December 22<sup>th</sup>**  
**from 1:30 -4 pm**  
**at Marochel Manor**  
**Main Lobby**

*All are invited.*  
*Please contact the Programs*  
*Department to confirm attendance.*

## Good Access for your manual mobility devices

Good access is Marochel Manor's preferred vendor for accessibility and mobility devices. The devices range from Manual Wheelchairs, Power Wheelchairs, Scooters, Walkers & Rollators, and Crutches, Canes, and Seating & Positioning apparatus.

Our Home's designated technician has established Thursdays' as the day for his weekly service visits.

Whenever an issue arises with your loved one's manual wheelchair or walker, you can record it in the Technician Red Binder. The said binder is located in the lobby between the Fire doors and the Clinical Nurse's office.

*\*Please note\**  
*in this Home all*  
*power/tilt/wheelchairs'*  
*concerns continue to be*  
*addressed by Motion*  
*specialties. Please call them at*  
*(613)739-4557 and the ensuing*  
*cost is your responsibility.*



*As the journey of life on this earth  
is filled with ups and downs just  
like a roller-coaster ride;  
I invite you to take a moment and  
reflect on the positive and negative  
events that have occurred in your  
life this year. Learning from and  
leaving the negativity in the past.  
Lets all press on towards the good  
that tomorrow has to offer.*

*-MdS*

## **SMILES FOR SENIORS**

For the past 10 years, Marochel Manor has been fortunate to have our resident's Christmas gifts sponsored by an organization called Smiles for seniors.

They provide a wonderful service of creating individualized gifts for our residents to make their Christmas even more special.

We cannot thank them enough for all that they do, for the residents year after Year.

## Nursing Updates

This is a reminder to keep on practicing good hand hygiene as it helps minimize the spread of germs and bacteria. Friends and family members are encouraged to refrain from coming to the home if they begin experiencing any of the following Influenza symptoms:

**-Runny Nose -Severe Cough -Sore Throat -Fever -Nausea/ Vomiting (at least 24hrs) -Diarrhea -Chills -Muscle or joint aches and pains.**

**\*If you think you may have been exposed to the Covid-19 Virus, please self-quarantine and call your local Public Health Unit for further directives.**

*Are you interested in getting your covid-19 Vaccine or the flu Shot? Please contact Stacey Chung, the DOC for information on the next clinic date.*

Thank you   
Management

## **FAMILY COUNCIL AT MAROCHEL MANOR**

Marochel Manor has a Family Council made up of family members and friends of the residents who live at Marochel. **Most Long Term care homes in Ontario have a Family Council to work with the home's management for the benefit of its residents.**

The Family Council meets monthly, and the meets are about one hour long. No special knowledge or preparation is required before the meeting.

The Family Council also has a bulletin board in the front lobby of the Marochel residence where notices are posted.

If you think you might want to join the Family Council or if you want to know more, you can also contact Polly Malik, Acting Chair of the Family Council...



When exiting the home it is essential that you kindly make sure **NO** resident has followed you out. In the event, a resident walked out of the building while you are entering or exiting please seek assistance and report it IMMEDIATELY, so we may take the appropriate actions!

***We hereby thank you for your vigilance and due diligence as we work together to ensure a safe environment for all!***

September 30 **National Day for Truth and Reconciliation**



Ottawa is built on un-ceded Anishinabe Algonquin territory. The peoples of the Anishinabe Algonquin Nation have lived on this territory for millennia.

We Acknowledge Indigenous People's Rights.

## CONNECTIVITY/ VISITS

If you wish to connect with your loved ones through Facebook Messenger and Facetime, contact the Programs department to set up a time. You can also book your indoor and outdoor visits on the following application: [marochelmanor.simplybook.me](https://marochelmanor.simplybook.me) we typically approve within 24hr.

Please note all visitors are required to follow the screening protocol. The home will continue to update all stake holders.

## **Recognizing Staff Birthday**

### **December**

Rachel	Dec. 12	Psw
Ronald	Dec. 14	Psw
Hardson	Dec. 22	Nurse
Guerda	Dec. 31	Psw

