



HOME DIRECTORY



Executive Director “ED”

Paul Beverley

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(613) 741-9501

Director of Care “DOC”

(613) 744-1861*110

Office Manager “OM”

Sherrie Dagg

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(613) 744-1861*121

Clinical Nurse “CN”

Maureen Turgeon

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(613) 744-1861*116

Dietary /Environmental Services

Manager “DM&ESM”

Nooshin Khajeheian

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(613) 744-1861*113

RAI Coordinator

Jean Voltaire

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613) 744-1861*116

**Residents Programs Manager
“RPM”**

On leave

(613) 744-1861*111

**Family Council Chair
“Position vacant”**

South Nursing Station

Days:

07:00-14:59

(613)744-1861*212

West Nursing Station

Days

07:00-14:59

(613) 744-1861*214

South Nursing Station

Evening & Nights

15:00-06:59

(343) 996-5750

West Nursing Station

Evenings & Nights

15:00-06:59

(613) 286-1593



AUGUST BIRTHDAYS

Resident

Joseph R.	9 th
Dorothy C.	11 th
Alexis H.	12 th
Joanne D.	13 th
Elane H.	25 th
Luc T.	28 th

In Memory

Gilles M.



August 2024 Newsletter

949 Montreal Road, Ottawa, ON, K1K 0S6,

Ph. (613) 744-1861 Fax. 613 744-4062

Goodbye

Our DOC, Stacey Chung has left to pursue other opportunities. Stacey has been with Marochel since 2018 and we wish her well in the future.

Programs

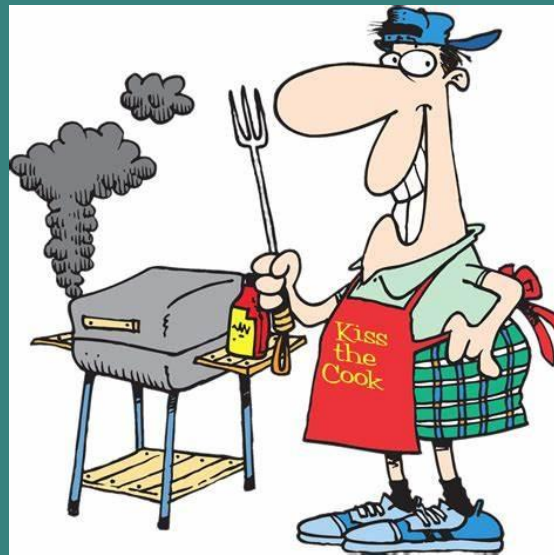
Martine De Souza will be off on extended medical leave until February 2025.

If you need to arrange anything through programs please contact Paul or Sherrie.

Entertainer

We have a home favourite, Guy Lalonde coming to perform at Marochel on August 21 from 2 – 4pm

Bar B Que



Heat Stress Warning

Hi Team,

As temperatures rise, it's important to be mindful of the risks associated with heat stress. With summer upon us, it's crucial to take proactive measures to ensure the health and safety of ourselves and our residents.

Here are some tips to prevent heat-related illnesses:

1. Stay hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty.
2. Dress appropriately: Wear lightweight, loose-fitting clothing and a wide-brimmed hat when outdoors.
3. Seek shade: Limit exposure to direct sunlight, especially during peak hours.
4. Take breaks: Schedule frequent breaks in cool, shaded areas to rest and hydrate.
5. Know the signs: Familiarize yourself with the symptoms of heat exhaustion and heat stroke, such as dizziness, nausea, rapid heartbeat, and confusion. If you or a resident experience these symptoms, seek medical attention immediately.

Additionally, please be vigilant in monitoring our residents for signs of heat stress and ensure they have access to cool, shaded areas and plenty of fluids.

Let's work together to keep ourselves and our residents safe during the hot summer months.

If you have any questions or concerns, please don't hesitate to reach out.

Thank you for your attention to this matter.

Mail

Just a reminder for families to stop by the Office Manager's office periodically to collect your loved one's mail unless you have made other arrangements.

There may be time sensitive items waiting for pick up.

Outbreak

Please while visiting during outbreak please be aware that you must wear a N95 mask and face shield.

Clothing Form Reminder

Please remember to complete the clothing form upon admission and whenever bringing new clothing articles for your loved one. This form & the bags for clothing are located with the office manager. This ensures thorough documentation of residents' belongings, preventing any loss.

Your cooperation is appreciated in maintaining accurate records. Thank you.
Management!

Announcements

-Julie, the hairstylist, is scheduled to visit every second Tuesday of the month.

In July, she will be at the home on

Tuesday, August 13th.

-We would like to reach out to families who are interested in nominating a representative for the Family Council for the year 2024.

Did you know?

For your convenience, we've set up a password protected **Wi-Fi** connection to enable those long distances **Skype, Facetime, What's App, Email, even Gaming needs/** For assistance kindly refer to programs department.

What's new!

You may see some work happening in the home.

The tub and shower rooms are getting a refresh as well as some new equipment.

We also have a new call bell system that will be installed this month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2:00 1:1 Visits 1	2:10 One on one 2	10:15 One on one 3
10:10 Televised Mass 4	5	9:30 Group Exercise 9:30 1:1 Visits 11:00 Bible Study 2:10 Bingo 6	10:30 Board Games 2:10 Hangman 6:00 Short Stories 7	9:30 1:1 Visits 9:30 Group Exercise 2:10 Baking 8	2:10 Bingo 9	10:15 Spa Sensation & Manicures 2:00 Mini Golf 10 
10:10 Televised Mass 2:00 Ball Toss 11	Foot Care Clinic 11:00 Word Games 2:00 Outdoor walks  12	Foot Care Clinic 9:00 Hair Dresser 9:30 Group Exercise 9:30 1:1 Visits 11:00 Bible Study 2:10 Bingo  13	9:30 Outdoor Strolls 2:10 Gardening 3:00 Trivia 6:00 Painting/Coloring  14	9:30 Group Exercise 9:30 1:1 Visits 2:00 Bean Bag Toss 6:00 Short Stories 15	11:30 BBQ 2:10 Bingo 6:00 Board Games/Card Games  16	10:15 Spa Sensation & Manicures 2:00 Bowling 17
10:10 Televised Mass 2:00 Bean Bag Toss 18 	11:00 Word Games 2:00 Outdoor walks 6:00 Painting/Coloring 19	9:30 Group Exercise 9:30 1:1 Visits 11:00 Bible Study 2:10 Bingo 20	11:00 Mass 11:00 Calendar Building 2:00 Guy Lalonde - Entertainer 6:00 Painting/Coloring  21	9:30 Group Exercise 9:30 1:1 Visits 2:10 Baking 6:00 Short Stories 22	11:30 BBQ 2:10 Bingo 6:00 Board Games/Card Games  23	10:15 Spa Sensation & Manicures 2:00 Balloon Tennis 24
10:10 Televised Mass 2:00 Mini Golf 25	11:00 Word Games 2:00 Outdoor walks 5:00 Watermelon Social 6:00 Painting/Coloring  26	9:30 Group Exercise 9:30 1:1 Visits 11:00 Bible Study 2:10 Bingo 27	9:30 Outdoor Strolls 2:10 Gardening 3:00 Board Games 6:00 Painting/Coloring  28	9:30 Group Exercise 9:30 1:1 Visits 2:00 Movie/DVD Concert 6:00 Short Stories 29	10:00 Residents' Council Meeting 2:10 Bingo 6:00 Board Games/Card Games  30	10:15 Spa Sensation & Manicures 2:00 Balloon Tennis 31