



 **HOME DIRECTORY** 

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|---|---|
| <p>Executive Director “ED” Jennifer Hess jhess@southbridgecare.com (613) 744-1861*115 (613) 741-9501</p> | <p>Director of Care “DOC” Muskam Verma DOC mverma@southbridgecare.com (613) 744-1861*110</p> |
| <p>Office Manager “OM” Sherrie Dagg sdagg@southbridgecare.com (613) 744-1861*121</p> | <p>Clinical Nurse “CN” Maureen Turgeon mturgeon@southbridgecare.com (613) 744-1861*116</p> |
| <p>Dietary /Environmental Services Manager “DM&ESM” Nooshin Khajeheian nkhajeheian@southbridgecare.com (613) 744-1861*113</p> | <p>RAI Coordinator Jean Voltaire jvoltaire@southbridgecare.com 613) 744-1861*116</p> |
| <p>Residents Programs Manager “RPM” Martine de Souza mde Souza@southbridgecare.com (613) 744-1861*111</p> | <p>Family Council Chair If interested in this position, please speak to Jennifer Hess jhess@southbridgecare.com (613) 744-1861*115</p> |
| <p><u>South Nursing Station</u> Days: 07:00-14:59 (613)744-1861*212</p> | <p><u>West Nursing Station</u> Days 07:00-14:59 (613) 744-1861*214</p> |
| <p><u>South Nursing Station</u> Evening & Nights 15:00-06:59 (343) 996-5750</p> | <p><u>West Nursing Station</u> Evenings & Nights 15:00-06:59 (613) 286-1593</p> |
|  |  |

February 

Resident Birthdays

| | |
|------------|--------|
| Odette C. | Feb 11 |
| Audrey P. | Feb 21 |
| Alice M. | Feb 23 |
| Kenneth C. | Feb 24 |
| Marie E. | Feb 25 |
| John S. | Feb 26 |

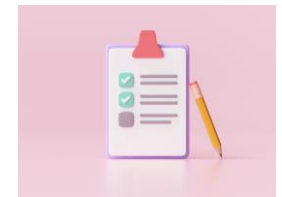
In Loving Memory



February 2025 Newsletter

949 Montreal Road, Ottawa, ON, K1K 0S6,
Ph. (613) 744-1861 Fax. 613 744-4062

Voting Reminder



Election DAY

February 27th, 2025



Fast Approaching – Make Your Voice Count!

Marochel Residents Registration is Underway

Polling Station: West Activity Room

Voting Dates: Between February 20–22 (TBD)

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.

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!

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.

Announcements

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

Next visit: **Tuesday, February 11th**

-The Footcare Nurse: **No Date for February.**

-Mass: **Feb 19th**

All Families/Caregivers

With the changing seasons, it's a good time to review your loved one's clothing.

If the PSWs have identified any items that no longer fit, they have been placed on the top shelf of the closet for your collection.

We also encourage you to swap out summer clothing for winter attire to help prevent overcrowding.

Thank you for your cooperation

Management

Decluttering Resident Rooms – Donation Pick-Up & Next Steps

Dear Families,

As part of our commitment to enhancing the quality of life for our residents, we are focusing on decluttering their rooms to create a more comfortable and organized living space.

We have noticed that many residents have items they no longer use, including clothing that no longer fits and unused furniture.

Over the next few weeks, we ask for your support in helping your loved one sort through their belongings, discarding or donating items they no longer need.

To assist with this process, we are arranging for a donation truck to come to Marochel at the end of February. We will send out further details once the date is confirmed.

Additionally, any unclaimed items remaining after March 15 will be donated.

Thank you for your cooperation in helping us create a clutter-free and comfortable environment for our residents.

Jennifer Hess
Executive Director



Celebrating Black Achievements During Black History Month



| | | | | | | | |
|--|---|---|---|--|--|--|--|
| <p>Week 1: Recent Achievements</p> | <p>Feb 1: Amanda Gorman becomes the youngest inaugural poet in U.S. history at age 22, delivering "The Hill We Climb" at President Biden's inauguration in 2021.</p> <p>📄❤️👍</p> | <p>Feb 2: Dr. Kizzmekia Corbett plays a pivotal role in developing the Moderna COVID-19 vaccine, contributing significantly to pandemic response efforts in 2020.</p> <p>❤️🧬💉</p> | <p>Feb 3: Kamala Harris is inaugurated as the first Black, South Asian, and female Vice President of the United States in 2021.</p> <p>❤️👩🏫</p> | <p>Feb 4: Lori Lightfoot becomes the first Black woman and openly gay person elected as Mayor of Chicago in 2019.</p> <p>❤️🏙️⚖️</p> | <p>Feb 5: Misty Copeland is promoted to principal dancer at the American Ballet Theatre in 2015, becoming the first African American woman to hold this position.</p> <p>❤️👯🎭</p> | <p>Feb 6: Cori Bush, a Black Lives Matter activist, is elected as Missouri's first Black congresswoman in 2020.</p> <p>❤️✊💪</p> | <p>Feb 7: Issa Rae receives multiple Emmy nominations for her work on the television series "Insecure," highlighting contemporary Black experiences, in 2018.</p> <p>❤️🎬📺</p> |
| <p>Week 2: Achievements from the 2000s</p> | <p>Feb 8: Barack Obama is elected as the first Black President of the United States in 2008.</p> <p>❤️👛</p> | <p>Feb 9: Oprah Winfrey launches the Oprah Winfrey Network (OWN) in 2011, becoming the first Black woman to own a cable network.</p> <p>❤️📺🎤</p> | <p>Feb 10: Beyoncé releases her groundbreaking visual album "Lemonade" in 2016, celebrating Black culture and addressing social issues.</p> <p>❤️🎤👑</p> | <p>Feb 11: Colin Powell becomes the first Black U.S. Secretary of State in 2001.</p> <p>❤️👔🏆</p> | <p>Feb 12: Serena Williams wins her 23rd Grand Slam singles title at the Australian Open in 2017, setting a new record in the Open Era.</p> <p>❤️🎾🏆</p> | <p>Feb 13: Dr. Mae Jemison becomes the first African American woman to travel in space aboard the Space Shuttle Endeavour in 1992.</p> <p>❤️🚀👩🏫🔬</p> | <p>Feb 14: Halle Berry wins the Academy Award for Best Actress in 2002, becoming the first Black woman to receive this honor.</p> <p>❤️🎬🏆</p> |
| <p>Week 3: Achievements from the 20th Century</p> | <p>Feb 15: Thurgood Marshall is appointed as the first Black U.S. Supreme Court Justice in 1967.</p> <p>❤️⚖️👩🏫</p> | <p>Feb 16: Jackie Robinson breaks Major League Baseball's color barrier by debuting with the Brooklyn Dodgers in 1947</p> <p>❤️⚾️🏆</p> | <p>Feb 17: Rosa Parks refuses to give up her bus seat in 1955, sparking the Montgomery Bus Boycott and advancing the Civil Rights Movement.</p> <p>❤️🚌👩🏫</p> | <p>Feb 18: Dr. Martin Luther King Jr. delivers his iconic "I Have a Dream" speech during the March on Washington in 1963.</p> <p>❤️✊📄</p> | <p>Feb 19: Sidney Poitier wins the Academy Award for Best Actor in 1964, becoming the first Black man to achieve this honor.</p> <p>❤️🎬🏆</p> | <p>Feb 20: Toni Morrison becomes the first Black woman to win the Nobel Prize in Literature in 1993.</p> <p>❤️📖✍️</p> | <p>Feb 21: Guion Bluford becomes the first African American in space aboard the Space Shuttle Challenger in 1983.</p> <p>❤️🚀👩🏫</p> |
| <p>Week 4: Early Achievements and Milestones</p> | <p>Feb 22: Harriet Tubman leads numerous enslaved people to freedom via the Underground Railroad during the 1850s.</p> <p>❤️🚶🏫🔑</p> | <p>Feb 23: Frederick Douglass publishes his autobiography, "Narrative of the Life of Frederick Douglass, an American Slave," in 1845, becoming a leading abolitionist voice.</p> <p>❤️📖✊</p> | <p>Feb 24: Sojourner Truth delivers her famous "Ain't I a Woman?" speech at the Ohio Women's Rights Convention in 1851.</p> <p>❤️🎤✊</p> | <p>Feb 25: The 13th Amendment is ratified in 1865, abolishing slavery in the United States.</p> <p>❤️📄⚖️</p> | <p>Feb 26: Hiram Revels becomes the first African American U.S. Senator, representing Mississippi, in 1870.</p> <p>❤️⚖️🏛️</p> | <p>Feb 27: Madam C.J. Walker becomes one of the first female self-made millionaires in the U.S. through her successful haircare business in the early 1900s.</p> <p>❤️👩🏫💰</p> | <p>Feb 28: The Civil Rights Act is enacted in 1964, prohibiting discrimination based on race, color, religion, sex, or national origin.</p> <p>❤️📄⚖️</p> |

Exciting News!

Welcoming Our New Director of Care!

Dear Residents and Families,

We are delighted to introduce **Muskam Verma** as our new **Director of Care!**

With a deep passion for providing exceptional care and a commitment to fostering a warm, supportive environment, Muskam is eager to meet and connect with each of you.

She looks forward to getting to know our residents, families, and staff, understanding what matters most to you, and working together to enhance the quality of care and services we provide.

Her door is always open, and she welcomes conversations, questions, and feedback as we continue to grow and improve our community.

Please join us in extending a warm welcome to Ms. Verma.

We are excited about the positive impact she will bring and look forward to the future under her leadership.

Warm regards,
Management

Belated Happy Birthday to Our January Front

Line Stars! 🎉 🍰

- Wishing a **Happy Belated Birthday** to all staff who celebrated in January! 🥳
- Your contributions are truly appreciated, today and always.

Horoscope Signs:

- **Capricorns (Dec 22 – Jan 19)** ♑ – Dedicated, disciplined, and inspiring leaders.
- **Aquarians (Jan 20 – Feb 18)** ♒ – Creative, kind, and forward-thinking team players.
- Hope your special day was filled with joy, love, and laughter! 🎈
- Wishing you a fantastic year ahead with happiness, success, and good health.



Exciting News!

Dear Residents and Families,

I am thrilled to announce my return as Programs Manager after a 20-month absence! Being back in this wonderful community fills me with gratitude, and I am eager to reconnect with each of you.

I cherish the relationships we have built, and I recognize the importance of rekindling those bonds.

I am committed to rebuilding lost connections, bringing fresh energy to our programs, and ensuring that every resident feels engaged, valued, and inspired.

I look forward to sharing laughter, creating meaningful moments, and working alongside residents, families, and staff to make our activities more enriching than ever. My door is always open, and I welcome your ideas, conversations, and warm hellos!

Let's make this next chapter together a great one!

With appreciation,
Martine de Souza
Programs Manager

Happy Birthday to Our February

Front Line Stars! 🎉 🎂

- Wishing a wonderful birthday to all staff celebrating in February! 🥳
- Your contributions make a difference every day, and we're grateful to have you on our team...
- Horoscope Signs:
- Aquarians (Jan 20 – Feb 18) ♒ – Innovative, kind-hearted, and visionary thinkers.
- Pisceans (Feb 19 – Mar 20) ♓ – Compassionate, creative, and deeply intuitive.
- May your special day be filled with happiness, laughter, and love! 🎈

Wishing you a fantastic year ahead with success, joy, and good health.

Cozy February Recipe: Spiced Honey

Cinnamon Hot Chocolate ☕ ❄️

Stay warm and cozy this February with this easy and delicious homemade hot chocolate, infused with warming spices and a touch of honey!

Ingredients:

- **2 cups milk (or non-dairy alternative)**
- **2 tbsp unsweetened cocoa powder**
- **2 tbsp honey (or maple syrup)**
- **½ tsp cinnamon**
- **¼ tsp nutmeg**
- **¼ tsp vanilla extract**
- **A pinch of salt**
- **Whipped cream or marshmallows (optional)**

Cozy February Recipe: Spiced Honey




























Cinnamon Hot Chocolate ☕ ❄️



Instructions:

1. In a small pot over medium heat, whisk together milk, cocoa powder, honey, cinnamon, nutmeg, and salt.
2. Heat until warm, stirring occasionally (don't let it boil).
3. Remove from heat and stir in vanilla extract.
4. Pour into a mug, top with whipped cream or marshmallows, and enjoy!

Perfect for sipping by the fire or under a cozy blanket. Stay warm! 🔥 😊

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|--|---|--|--|--|--|
| <p>🗳️ Voting Reminder! 🗳️ Election Day is coming up—make your voice count! Marochel Residents Registration Underway Polling Station West Activity Room-Every vote matters</p> | | <p>📅 Black Achievements During Black History Month 📅 📅 📅 📅</p> <p>Barack Obama – First Black U.S. President (2009–2017)</p> <p>Kamala Harris – First Black, South Asian, and female U.S. Vice President (2021)</p> <p>Robert F. Smith – Billionaire philanthropist, paid off Morehouse College class debt (2019)</p> <p>Serena Williams – Tennis legend with 23 Grand Slam titles, trailblazer for Black women in sport</p> <p>Dr. Kizzmekia Corbett – Key scientist in Moderna COVID-19 vaccine development; advanced mRNA research</p> <p>Beyoncé – Global music and culture icon, record-breaking Grammy wins, advocacy for Black culture and feminism</p> | | | | | <p>9:00 Word Search 10:15 Spa and Manicures 4:00 Floor Darts</p>  |
| <p>9:30 Colour My World 2 10:10 Televised Mass 2:00 Balloon Tennis 4:00 Yoga And Stretching 6:00 Card Game</p> | <p>9:00 Chair Exercise 3 9:00 Floor Dart 10:00 Bible Study 10:30 Hangman 1:00 Trivia 2:00 Word Games 2:00 Cover Up Dice 4:00 One On One 6:10 Ball Toss</p> | <p>9:30 Group Exercise 4 11:00 Word Games 11:00 Hangman 2:10 Bingo 4:00 Bean Bag Toss 6:00 Card Games</p>  | <p>10:00 News & Views 5 10:45 Mass 1:00 Cover Up Dice 2:00 Bowling 2:00 One On One 4:00 Snoezelon Room 6:00 Board Games</p>  | <p>9:30 Group Exercise 6 11:00 Movie/DVD Concert 11:00 Coloring 1:10 Fun & Games 2:00 Bowling 4:00 Hangman 6:00 Board Games</p> | <p>9:00 Board Game 7 9:30 News Hour 11:00 Bible Study 1:00 One On One 2:00 Colouring 2:10 Bingo 4:00 Ball Toss 6:00 Fun And Games</p>   | <p>9:00 Crossword Games 8 10:15 Spa Sensation & Manicures 1:00 Ball Toss A 2:00 Tea Time 6:00 Trivia</p>  | |
| <p>10:10 Televised Mass 9 2:00 Drummer-cise 4:00 Snoezelon Room 6:00 Antonyms/Synonyms</p>  | <p>9:30 Chair Exercise 10 10:00 Bible Study 10:00 Word Search 1:00 Short Stories 2:00 Tea Time 4:00 Floor Darts 6:10 Ball Toss</p> | <p>9:00 Julie - Hair Dresser 11 9:30 Group Exercise 11:00 Word Games 1:00 Fun And Games 2:10 Bingo 4:00 Hangman 6:00 Ball Toss</p>    | <p>9:30 Hangman 12 10:30 News & Views 1:00 Trivia 2:00 Bowling 2:00 Colouring 4:00 Word Search 6:00 Board Games</p>  | <p>9:30 Group Exercise 13 11:00 Movie/DVD Concert 1:00 Floor Darts 2:00 Fun & Games 2:00 Bean Bag Toss 4:00 Who/What am I? 6:00 Trivia</p> | <p>9:30 News Hour 14 10:30 Bowling 1:00 One On One 2:10 Bingo 4:00 Snoezelon 6:00 Ball Toss</p>  <p style="text-align: center;">HAPPY VALENTINES DAY</p> | <p>9:00 Board Games and Fun 15 10:15 Spa Sensation & Manicures 1:00 Snoozolone 2:00 Drummer Cise 4:00 Hang Man 6:00 Sing along</p>  | |
| <p>10:10 Televised Mass 16 1:00 Board Games 2:00 Trivia 4:00 Snoozelone 6:00 Dominos</p> | <p>10:00 Bible Study 17 11:00 Chair Exercise 1:00 Fun And Games 2:00 Trivia 2:00 Colouring 4:00 Bowling 6:10 Ball Toss</p> | <p>9:30 Group Exercise 18 11:00 Word Games 1:00 Fun And Games 2:10 Bingo 4:00 Bean Bag Toss 6:00 Word Games</p>  | <p>10:30 News & Views 19 10:45 Mass 1:00 Tick Tac 2:00 Armchair Travel 2:00 Tea Time 4:00 History Fun Facts 6:00 Cover Up Dice</p>  | <p>9:30 Group Exercise 20 11:00 Movie/DVD Concert 1:00 One On One 2:00 Bowling 2:00 Bean Bag Toss 4:00 Snoezelon 6:10 Fun & Games</p> | <p>9:30 News Hour 21 10:30 Floor Darts 1:30 Eglise le Centre Choir 2:10 Bingo 4:00 Fall drawings 6:00 Cover Up Dice</p>    | <p>9:00 Card Games 22 10:15 Spa Sensation & Manicures 2:00 Tea Time 4:00 Board Games 6:00 Short Stories</p>  | |
| <p>10:10 Televised Mass 23 2:00 Hangman 4:00 Drummer-cise 6:00 Floor Darts</p>  | <p>10:00 Bible Study 24 11:00 Sing Along 1:00 Trivia 2:00 Hangman 2:00 Cover Up Dice 4:00 Resident's Council 6:10 Ball Toss</p>  | <p>9:30 Group Exercise 25 11:00 Word Games 1:00 Fun And Games 2:10 Bingo 4:00 Snoezelon 6:00 Balloon Tennis</p>   | <p>9:30 Colouring 26 10:30 News & Views 1:10 Bean Bag Toss 2:00 Drummer-cise 2:00 Sing Along 4:00 Snoozalone 6:00 Ball Toss</p>  | <p>9:30 Group Exercise 27 11:00 Residents' Council Meeting 2:00 Guy Lalonde Music & Birthday Celebration 4:00 Hangman 6:00 Trivia</p>  | <p>9:30 News Hour 28 11:00 Chair Exercise 1:00 Balloon Tennis 2:10 Bingo 4:00 Snoezelone 6:00 Board Game</p>  |  | |