

 **HOME DIRECTORY** 

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



Resident Birthdays

Maurice L.	Mar 03
Pierre D.	Mar 09
David L.	Mar 10
Camille C.	Mar 12
Louis B.	Mar 15

*In Loving Memory*





**March 2025 Newsletter**

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

🌸 **March News & Updates!** 🌸

**Dear Families,**

Welcome to our March edition!  
As we celebrate the arrival of spring,  
we’re excited to share all the wonderful  
activities, outings, and special events  
happening this month.

From International Women’s Day to Eid Mubarak, there’s something for everyone to enjoy. We’re also looking forward to the Sugar Shack outing and much more! Stay up to date with all the upcoming events and be sure to join us in making this a month to remember! 🌻 🌸  
We appreciate your ongoing support and look forward to celebrating together. 😊

## 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, March 11<sup>th</sup>**

-The Footcare Nurse: **No date for March.**

-Mass: **March 05<sup>th</sup> & 19<sup>th</sup>**

## 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

## Environmental Updates & Enhancements:

### Improving Our Home for Residents

Dear Families,

We're excited to share the recent updates and maintenance work that has been taking place to further enhance the comfort, safety, and well-being of our residents. These improvements are part of our ongoing efforts to make the home an even better place to live.

Here are some of the key updates that have been completed:

 **Roof Repairs:** Necessary repairs and maintenance have been made to ensure the roof is secure and weather-resistant, keeping the home safe and dry.

 **Medicine Cabinet Upgrades:** We've updated the medicine cabinets in the washrooms to improve accessibility and provide more secure storage for residents' personal items.

 **Air Filter Machine Replacement:** In our commitment to maintaining a healthy environment, the air filter machines are being replaced to improve air quality and ensure a clean, fresh atmosphere throughout the home.

 **New Room Frames:** Fresh, updated frames have been installed at residents' doors to enhance the appearance and improve accessibility while maintaining a cozy and welcoming environment.

These updates are designed to enhance the overall quality of life for our residents and create a safer, more comfortable home. Thank you for your continued support as we work to make the living space even better.

## Your March Activity Checklist!

Here's your **checklist** for all the **memorable events** happening this month!   
Make sure you stay up to date and don't miss out on any of the fun celebrations!



### International Women's Day Celebration

 **Friday, March 8th**

 **2:00 PM**

 **West Activity Room**

Let's celebrate the strength, resilience, and achievements of women worldwide with music, treats, and special moments! 

### Daylight Saving Time Reminder

 **Sunday, March 9th**

Don't forget to set your clocks forward by 1 hour as we "spring forward" into longer days! 

### First Outing of 2025 – Sugar Shack Adventure

 **Friday, March 14th**

 **11:30 AM – 1:30 PM**

 **300, Ave. Des Pères-Blancs**

Enjoy maple treats, great company, and an exciting outing to kick off the year!  



### St. Patrick's Day Social Hour

 **Monday, March 17th**

 **2:00 PM**

 **West Activity Room**

Wear your green and join us for fun, food, and a game of bean bag toss. Green drinks, sandwiches, and a cold platter will be served!  

### Spring Equinox Celebration & Music

 **Thursday, March 20th**

 **2:00 PM**

 **West Activity Room**

Let's welcome the official start of spring with uplifting music and a vibrant atmosphere to celebrate new beginnings and the changing season!  

### Eid Mubarak Social Hour

 **Sunday, March 31st**

 **2:00 PM**

 **West Activity Room**

Join us to celebrate the spirit of Eid Mubarak with sweets, traditional treats, and good company!  

We hope to see everyone participating in these exciting events throughout March.

Let's make it a month full of celebration, joy, and community!  

💜 🌸 **International Women's Day**  
**Celebration** 🌸 💜

📅 **Friday, March 8th**

🕒 **2:00 PM**

📍 **West Activity Room**

Join us as we celebrate the strength, resilience, and achievements of women around the world! ✨

🍰 **Enjoy:** Delicious treats & refreshments

🎵 **Atmosphere:** Music & meaningful conversations

🌸 **Special Touch:** A small token of appreciation for all women!

Let's come together to honor this special day! 💖 🌸

🍀 **St. Patrick's Day Social Hour** 🍀

📅 **Monday, March 17th**

🕒 **2:00 PM**

📍 **West Activity Room**

Join us for a festive afternoon filled with fun, food, and laughter! 🎉

🥗 **Enjoy:** Green Drinks, Sandwiches, And A Delicious Cold Platter!

🎯 **Game:** Test Your Luck With A Game Of Bean Bag Toss!

👕 **Dress Code:** Don't forget to wear your GREEN! 💚

**Let's celebrate St. Paddy's Day**

**together!** 🍷 ✨

**Residents**

🍁 First Outing of 2025! 🍁

🚌 Sugar Shack Adventure

📍 Location: 300, Ave. Des Pères-Blancs

📅 **Date: Friday, March 14th**

🕒 **Time: 11:30 AM – 1:30 PM**  
**(2 hours)**

Get ready to enjoy a classic Canadian experience with delicious maple treats, great company, and a fun outing to kick off the year! 🍁 🥞

⚠️ Spots are limited!

If you're interested,

Call/Email or See  
Martine de Souza RPM!

## Federal Election

March- Avril, 2025

### **Memo: Upcoming Federal Election**

#### **– Resident Awareness & Support**

The federal election is expected to take place between March and April. As part of our commitment to supporting residents' rights, we will:

 Provide information on election dates and processes once confirmed.

 Assist residents with voter registration and identification requirements.

 Coordinate with Elections Canada to facilitate in-home or advance voting where possible.

 Display a poster with reminders and support for residents who wish to participate.

Further details will be shared as more information becomes available. 

## **Eid Mubarak Social Hour!**

 **Monday, March 31st**

 **2:00 PM**

 **West Activity Room**

Join us in celebrating Eid Mubarak, a time of joy, gratitude, and togetherness!



 Enjoy: Delicious sweets, traditional treats, and refreshments

 Atmosphere: Uplifting music & warm conversations

 Special Touch: A small token of appreciation for all attendees

**Let's come together to share in the spirit of Eid!**  

## **Happy Birthday to Our March Front**

**Line Stars!**  

Wishing you all a year filled with love, happiness, and success! Your hard work and dedication shine every day, and today we celebrate YOU! 

 **March Birthdays – Your**

**Horoscope:** 

 **Pisces (Feb 19 - Mar 20):** A year of new beginnings! Embrace your creativity and trust your instincts. Big opportunities may be on the horizon!

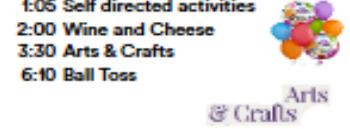
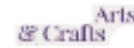
 **Aries (Mar 21 - Apr 19):** Get ready for a burst of energy this year! It's time to take charge and make your boldest dreams come true.

Thank you for all you do! Enjoy your special day to the fullest!  



# March 2025

## Manoir Marochel

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy Birthday</b> Maurice L. -03 Pierre D. -09 David L. -10 Camille C. -12 Marcel D. -13 Louis B. -15 Micheline C. -16</p> 			<p><b>International Women's Day</b></p> 		<p><b>Ramadan 2025</b></p> 	<p>9:30 Chair Dance Exercise <b>1</b> 10:15 Ramadan Discussion Group 11:05 Spa Sensation &amp; Manicures 1:05 Self directed activities 2:00 Movie/DVD Concert 3:30 Fun &amp; Games 6:10 Bean Bag Toss</p> 
<p>9:30 Brainstorming <b>2</b> 10:10 Televised Mass 11:30 Religious Music 1:05 Self directed activities 2:00 Movies Series 3:30 Drummer-cise 6:10 Scrabble</p> 	<p>9:30 Decorating <b>3</b> 1:05 Self directed activities 2:00 Bowling 3:30 Arts &amp; Crafts 6:10 Ball Toss</p> 	<p>9:30 Group Exercise <b>4</b> 10:15 Bible Study 11:00 Word Games 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Bean Bag Toss</p> 	<p>10:45 Mass <b>5</b> 1:05 Self directed activities 2:00 Baking 3:30 Indor Gardening 6:10 Movie Night</p>	<p>9:30 Group Exercise <b>6</b> 11:00 Hangman Irish mythology 1:05 Self directed activities 2:00 Taste test 3:30 Arts &amp; Crafts 6:10 Story time</p> 	<p>9:30 News Hour <b>7</b> 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Story time</p> 	<p>9:30 Chair Dance Exercise <b>8</b> 10:15 Woman's Day Discussion Group 11:05 Spa Sensation &amp; Manicures 1:05 Self directed activities 3:30 Fun &amp;Games 6:00 Trivia</p> 
<p>10:10 Televised Mass <b>9</b> 11:30 Religious Music 1:05 Self directed activities 2:00 Movies Series 3:30 Drummer-cise 6:00 Antonyms/Synonyms</p> 	<p>9:30 Hangman <b>10</b> 11:00 Balloon Tennis 1:05 Self directed activities 2:00 Wine and Cheese 3:30 Arts &amp; Crafts 6:10 Ball Toss</p> 	<p>9:00 Julie - Hair Dresser <b>11</b> 9:30 Group Exercise 10:15 Bible Study 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Word Games</p> 	<p>10:30 News &amp; Views <b>12</b> 1:05 Self directed activities 2:00 Baking 3:30 Fun &amp;Games 6:10 Movie Night</p> 	<p>9:30 Group Exercise <b>13</b> 1:05 Self directed activities 2:00 Entertainer - Guy Lalonde 3:30 Arts &amp; Crafts 6:10 Cards</p> 	<p>9:30 News Hour <b>14</b> 11:30 Outing Sugar Shack 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Story time</p> 	<p>9:30 Chair Dance Exercise <b>15</b> 10:05 St Patrick's Day Discussion Group 11:05 Spa Sensation &amp; Manicures 1:05 Self directed activities 3:30 Fun &amp;Games 6:00 Sing along</p> 
<p>10:10 Televised Mass <b>16</b> 11:30 Religious Music 1:05 Self directed activities 2:00 Movies Series 3:30 Drummer-cise 6:10 Mystery box</p> 	<p>9:30 Fun Facts About Ireland <b>17</b> 11:00 Memory games 1:05 Self directed activities 2:00 St Patty's day Social Ho 3:30 Arts &amp; Crafts 6:10 Ball Toss</p> 	<p>9:30 Group Exercise <b>18</b> 10:15 Bible Study 11:00 Word Games 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:00 Word Games</p> 	<p>10:45 Mass <b>19</b> 1:05 Self directed activities 2:00 Baking 3:30 Fun &amp;Games 6:10 Movie Night</p>	<p>9:30 Group Exercise <b>20</b> 11:30 Arts &amp; Crafts 1:05 Self directed activities 2:00 Spring Time Happy Hour&amp; Sing Along 3:30 Friendly Visits 6:10 Board Games</p> 	<p>9:30 News Hour <b>21</b> 11:00 Tabou 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Story time</p> 	<p>9:30 Chair Dance Exercise <b>22</b> 10:05 Let's Discussion the March Equinox 11:05 Spa Sensation &amp; Manicures 1:05 Self directed activities 3:30 Fun &amp;Games 6:00 Short Stories</p> 
<p>10:10 Televised Mass <b>23</b> 11:30 Religious Music 1:05 Self directed activities 2:00 Movies Series 3:30 Drummer-cise 6:10 Floor Dart</p> 	<p>9:30 Antonym et synonym <b>24</b> 11:00 Hangman 1:05 Self directed activities 2:00 Science experiments 3:30 Arts &amp; Crafts 6:10 Ball Toss</p> 	<p>9:30 Group Exercise <b>25</b> 10:15 Bible Study 11:00 Word Games 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:00 Balloon Tennis</p> 	<p>10:30 News &amp; Views <b>26</b> 1:05 Self directed activities 2:00 Baking 3:30 Fun &amp;Games 6:10 Movie Night</p> 	<p>9:30 Group Exercise <b>27</b> 11:00 Resident's Council 1:05 Self directed activities 2:00 Movie/DVD Concert 3:30 Arts &amp; Crafts 6:00 Trivia</p> 	<p>9:30 News Hour <b>28</b> 11:33 Hot Potato 1:05 Self directed activities 2:10 Bingo 3:30 Painting&amp;Coloring 6:10 Story time</p> 	<p>9:30 Chair Dance Exercise <b>29</b> 11:05 Spa Sensation &amp; Manicures 1:05 Self directed activities 2:00 Bean bag toss 3:30 Fun &amp;Games 6:00 History Fun Facts</p> 
<p>10:10 Televised Mass <b>30</b> 11:30 Religious Music 1:05 Self directed activities 2:00 Movies Series 3:30 Drummer-cise 6:00 Word Search</p> 	<p>9:30 Ball Toss <b>31</b> 1:05 Self directed activities 2:00 Social Hour, Eid Mubarak 3:30 Arts &amp; Crafts 6:10 Basket Ball</p> 					