



 **HOME DIRECTORY** 

<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” Vacant Management (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>
	



Resident Birthdays

Michel St.	Apr. 11
Gertrude P.	Apr. 16
Nicole L.	Apr. 17
Micheline AB.	Apr. 19
Marilyn A.	Apr. 27
Claude L.	Apr. 27
Lorena M.	Apr. 30

In Loving Memory

Raymond Alberti



April 2025 Newsletter

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

🌸 Spring Has Sprung! 🌸

As the days grow longer and the flowers begin to bloom, we welcome the beautiful season of spring! This time of renewal brings a sense of hope and joy, reminding us of the wonderful changes that come with warmer weather and fresh blossoms.

Here at the home, we’re embracing the spirit of spring with exciting programs and activities designed to celebrate the season. From indoor gardening sessions to creative spring crafts, our residents are enjoying the vibrant energy that comes with this time of year.

Spring is also a perfect opportunity to reflect on growth and gratitude. As nature comes alive around us, we are reminded of the importance of community, connection, and care.

Thank you for being a part of our family and for your continued support as we bloom together. Wishing you all a season filled with sunshine, new beginnings, and happiness!

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, April 15th**

-The Footcare Nurse: **April 22nd**

-Mass: (**April 2nd cancelled**) **April 16th & 30th**

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 winter clothing for spring and summer attire to help prevent overcrowding.

Thank you for your cooperation

Management

Announcement: Resignation of Nooshin Khajeheian

Dear Families and Substitute Decision Makers, We would like to inform you that Nooshin Khajeheian, our Dietary/Environmental Services Manager (DM&ESM), has resigned from her position. We would like to take this opportunity to thank Nooshin for her dedication and the positive impact she made during her time with us. We wish her all the best in her future endeavors.

During this transition period, please rest assured that the responsibilities of the DM&ESM role are being shared among the managerial team to ensure continued support and seamless service for our residents. We are committed to maintaining the highest quality of care and services throughout this change.

If you have any questions or concerns, please do not hesitate to reach out to a member of our management team.

Your support and understanding during this time are greatly appreciated.

Sincerely,


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:


 After a recent inspection, the electrical system has been thoroughly tested to ensure compliance with safety standards, prioritizing the safety and reliability of our facilities.


 Necessary maintenance is being conducted on the electrical circuits to improve functionality and efficiency.

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 April 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! 

 **Tuesday, April 22nd - Tim Horton's Outing** 
@ 2:30 pm


 **Thursday, April 24th - Birthday Party with Derek**  @ 2:00 pm

 **Tuesday, April 29th - Dance with Yoga Vista**
 @ 3:30 pm (International Dance Day)




 **April 27th -May 3rd Volunteer Appreciation Week** 

April Events at the Home



 **Thursday, April 3rd - Gentleman's Club Wood Working**

 @ 2:00 pm

 **Saturday, April 5th - Indoor Gardening**  @ 2:00 pm



 **Monday, April 7th - World Health Day**  : Fruits
Tasting & Discussion  @ 2:00 pm

 **Wednesday, April 9th - Gentleman's Club Wood Working** @ 2:00 pm





 **Thursday, April 10th - Music with Joanie Charron** 
@ 2:00 pm

 **Monday, April 14th - Gentleman's Club Wood Working**
@ 10:30 am

 **Wednesday, April 16th - Mass**  @ 10:45 am

 **Thursday, April 17th - Staff Scavenger Hunt** 

 **Friday, April 18th - Good Friday Programming:**

-  **11:00 am - Reflection Circle**
-  **2:00 pm - Crafts with Palm Leaves**
-  **3:00 pm - St. Gabriel's Virtual Service**
-  **6:00 pm - Passover Discussion Group**

Residents

🍁 First Outing of 2025! 🍁

🚌 Sugar Shack Adventure

📍 Location: 300, Ave.
Des Pères-Blancs

📅 Date: Friday, April 4th

🕒 Time: 11:30 AM – 1:30 PM

(2 hours)

*This outing was postponed from March.

Marochel Welcome's

Hernando San Cawili

Yvon Coulombe

Celso Mercado

🌸 Springtime Strawberry Spinach Salad 🌸

Ingredients:

- 6 cups fresh baby spinach 🌱
- 2 cups sliced strawberries 🍓
- 1/2 cup crumbled feta cheese 🧀
- 1/4 cup sliced almonds 🥜 (toasted)
- 1/4 red onion, thinly sliced 🧅
- 1/2 cup cooked quinoa (optional for extra heartiness)

Dressing:

- 1/4 cup balsamic vinegar 🍇
- 2 tbsp honey 🍯
- 1/3 cup olive oil 🫒
- 1 tsp Dijon mustard
- Salt and pepper to taste

🌸 Springtime Strawberry Spinach Salad 🌸

Instructions:

- 1. Prepare the Dressing:**
 - In a small bowl, whisk together balsamic vinegar, honey, olive oil, Dijon mustard, salt, and pepper. Set aside.
- 2. Assemble the Salad:**
 - In a large bowl, combine baby spinach, sliced strawberries, crumbled feta, toasted almonds, and red onion.
 - If using quinoa, let it cool and then add to the salad.
- 3. Dress and Toss:**
 - Drizzle the dressing over the salad just before serving and gently toss to combine.
- 4. Serve:**
 - Plate the salad and top with a few extra almonds and feta for garnish.
 - Enjoy the burst of fresh, spring flavors!

 **Happy Birthday to Our April**



Front Line Stars! 

This month, we come together to celebrate and appreciate the incredible front-line staff members born in April! Your hard work, dedication, and positive spirit truly make a difference in the lives of our residents every day.



 **Wishing You a Fantastic Birthday** 

We hope your special day is filled with joy, laughter, and a little extra recognition for all you do!

April Horoscope: Aries & Taurus

-  **Aries (March 21 - April 19):** Passionate, confident, and energetic. You light up the room with your enthusiasm and leadership!
-  **Taurus (April 20 - May 20):** Dependable, patient, and hardworking. Your loyalty and practical approach inspire everyone around you!

 **Fun Fact About April:**

Did you know that April's birthstone is the dazzling diamond , symbolizing strength and clarity? The month's flower is the daisy , representing purity and innocence.

Thank you to all our April-born front-line stars for your continued dedication and commitment. Your hard work does not go unnoticed, and we are grateful for you!






Federal Election

April 28, 2025
9:30-12:00

 **Memo: Upcoming Federal Election**

– Resident Awareness & Support 

The federal election is expected to take place between April 28th. 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.

Polling Station:

South Activity Room

Earth Day

April 2025



National Carbonara Day

Manoir Marochel

Good Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LEGEND</p> <p>WAR ---West Activity Room SAR ---South Activity Room L --- Lobby 1-1 --- With Specific Residents OUT ---Outing</p>	<p>April Birthday</p> <p>Michel St. -11 Gertrude P. -16 Nicole L. -17 Micheline AB. -19 Marilyn A. -27 Claude L. -27 Lorena M. -30</p>	<p>9:30 Calendar Distribution 1 (1-1) 11:00 Words Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Painting&Coloring (WAR) 6:10 Aim for the Stars (WAR)</p> <p>B I N G O</p>	<p>9:30 News&Views (L) 2 10:45 Crafts Tissue Flower Making (WAR) 1:05 Self directed activities (1-1) 2:00 Baking (SAR) 3:30 Fun &Games (WAR) 6:10 Movie Night (WAR)</p>	<p>9:30 Group Exercise (L) 3 10:45 Tennis (SAR) 1:05 Self directed activities (1-1) 2:00 Gentleman's Club Wood Working (WAR) 3:30 Coloring by Numbers (SAR) 6:10 Cards Go Fish (L)</p>	<p>9:30 News Hour (L) 4 11:20 Sugar Shack (Out) 1:05 Self directed activities (1-1) 2:00 Bingo (SAR) 3:30 Trivia (WAR) 6:10 Bean Bag Toss (WAR)</p> <p>B I N G O</p>	<p>9:30 Chair Exercise (WAR) 5 10:45 Spa Nails Sensation (1-1) 1:05 Self directed activities (1-1) 2:00 Indoor Gardening (WAR) 3:30 Fun &Games (WA) 6:10 Floor Darts (WAR)</p>
<p>10:10 Televised Mass (SAR) 6 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) 6:10 Mystery box (SAR)</p> <p>National Carbonara Day</p>	<p>9:30 Antonym & Synonyms (WAR) 7 11:00 Guided Relaxation (SAR) 1:05 Self directed activities (1-1) 2:00 Fruit Tasting & Discussion (L) 3:30 Arts & Crafts (WAR) 6:10 Cards Rummy 500 (L)</p>	<p>9:30 Group Exercise (SAR) 8 10:15 Bible Study (L) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Painting&Coloring (WAR) 6:10 Trivia (L)</p> <p>B I N G O</p>	<p>9:30 News&Views (L) 9 11:00 Dominos (WAR) 1:05 Self directed activities (1-1) 2:00 Gentleman's Club Wood Working (SAR) 3:30 Antonyms/Synonyms (WAR) 6:10 Movie Night (WAR)</p>	<p>9:30 Group Exercise (SAR) 10 11:00 Aim for the Stars (SAR) 1:05 Self directed activities (1-1) 2:00 Music With Joanie (L) 3:30 Arts & Crafts (WAR) 6:10 Cards Big Two (L)</p>	<p>9:30 News Hour (L) 11 11:00 Floor Darts (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Painting&Coloring (WAR) 6:10 Spring Themed Hangman (SAR)</p> <p>B I N G O</p>	<p>9:30 Chair Exercise (WAR) 12 10:45 Spa Nails Sensation (1-1) 1:05 Self directed activities (1-1) 2:00 Painting Lilies (WAR) 3:30 Fun &Games (WAR) 6:10 Trivia (WAR)</p>
<p>10:10 Televised Mass (SAR) 13 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) 6:10 Who/What am I? (L)</p>	<p>9:30 Color By Numbers (SAR) 14 10:30 Gentleman's Club Wood Working (WAR) 1:05 Self directed activities (1-1) 2:00 Bowling (SAR) 3:30 Arts & Crafts (WAR) 6:10 Cards Pinochle (L)</p>	<p>9:30 Group Exercise (SAR) 15 10:15 Bible Study (L) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Painting&Coloring (WAR) 6:10 Sing along (L)</p> <p>B I N G O</p>	<p>9:30 News&Views (L) 16 10:45 Mass (C) 1:05 Self directed activities (1-1) 2:00 Baking (SAR) 3:30 Fun &Games (WAR) 6:10 Movie Night (WAR)</p>	<p>9:30 Group Exercise (SAR) 17 11:00 Cover Up Dice (SAR) 1:05 Self directed activities (1-1) 2:00 Fruits and Tea Social (WAR) 3:30 Arts & Crafts (WAR) 6:10 Cards Cribbage (L)</p>	<p>9:30 News Hour (L) 18 11:00 Good Friday Reflection Circle (WAR) 1:05 Self directed activities (1-1) 2:00 Crafts With Palms (WAR) 3:00 Good Friday Virtual Service St Gabriel (WAR) 6:10 Passover Discussion Group (L)</p>	<p>9:30 Chair Exercise (WAR) 19 10:45 Spa Nails Sensation (1-1) 1:05 Self directed activities (1-1) 2:00 Jesus Christ Movie (L) 6:10 Fun &Games (WAR)</p>
<p>10:10 Televised Mass (SAR) 20 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Easter Egg Toss (WA) 3:30 Drummer-cise (SAR) 6:10 Board Games (WAR)</p> <p>Easter Sunday</p>	<p>9:30 Tabou (SAR) 21 11:00 Name That Tune (WAR) 1:05 Self directed activities (1-1) 2:00 Gentleman's Club Wood Working (WAR) 3:30 Arts & Crafts (WAR) 6:10 Cards Go Fish (L)</p>	<p>9:30 Group Exercise (SAR) 22 10:15 Bible Study (L) 11:00 Gardening (WAR) 1:05 Self directed activities (1-1) 2:30 Tim Horton's Outing (Out) 6:10 Short Stories (L)</p> <p>Earth Day</p>	<p>9:30 News&Views (L) 23 11:00 Spring Time Reminiscing (WAR) 1:05 Self directed activities (1-1) 2:00 Baking (SAR) 3:30 Fun &Games (WAR) 6:10 Movie Night (WAR)</p>	<p>9:30 Group Exercise (SAR) 24 11:00 Resident's Council (WAR) 1:05 Self directed activities (1-1) 2:00 Birthday Party With Derek (L) 3:30 Arts & Crafts (WAR) 6:10 Cards Scrabble (L)</p>	<p>9:30 News Hour (L) 25 11:00 Floor Darts (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Painting&Coloring (WAR) 6:10 Balloon Tennis (L)</p> <p>B I N G O</p>	<p>9:30 Chair Exercise (SAR) 26 10:45 Spa Nails Sensation (1-1) 1:05 Self directed activities (1-1) 2:00 Sing Along (WAR) 3:30 Fun &Games (WAR) 6:10 Painting Sunflowers & Daisies (WAR)</p>
<p>10:10 Televised Mass (SAR) 27 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) 6:10 Trivia (WAR)</p>	<p>9:00 Polling Station (SAR) 28 1:05 Self directed activities (1-1) 2:00 Bowling (SAR) 3:30 Arts & Crafts (WAR) 6:10 Cards Yahtzee (L)</p>	<p>9:30 Group Exercise (SAR) 29 10:15 Bible Study (L) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (WAR) 3:30 Dance With Yoga Vista (WAR) 6:10 History Fun Facts (WAR)</p> <p>International Dance Day</p>	<p>9:30 News&Views (L) 30 10:45 Mass (C) 1:05 Self directed activities (1-1) 2:00 Gentleman's Club Wood Working (SAR) 3:30 Fun &Games (WAR) 6:10 Movie Night (WAR)</p> <p>Volunteer appreciation Week- April 27-May3</p>	<p style="text-align: center;">Hello! SPRING</p>		<p style="text-align: center;">Easter Sunday World Health Day International Dance Day</p>