

# HOME DIRECTORY



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Family Council Chair
If interested in this position,
please speak to
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Days: South Nursing Station
07:00-14:59
(613)744-1861\*212

West Nursing Station

Days 07:00-14:59
(613) 744-1861\*214

West Nursing Station

South Nursing Station
Evening & Nights 15:00-06:59
(343) 996-5750

West Nursing Station
Evenings & Nights 15:00-06:59
(613) 286-1593



## Resident Birthdays

Lynn-Ann W. May 7

André M. May 29



Carlotta P.

Elaine H.





#### May 2025 Newsletter

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

May Greetings from Marochel Manor! As we step into the beauty of spring, we're excited to share a few seasonal highlights and special celebrations happening this month.

Tulip Festival & Potential Outing
The Canadian Tulip Festival begins on Friday, May
9th, bringing vibrant colour and joy to our city. If our
home comes out of outbreak by then, we are
hopeful to plan an outing to Commissioner's Park
during the following week. While group outings
depend on health and safety clearance, families are
warmly encouraged to take their loved ones
individually to enjoy the tulip displays if possible.
It's a wonderful opportunity to share time outdoors
amid the blooms.

Wishing everyone a joyful and colourful month ahead,

The Marochel Manor Team

#### 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: **TBD** 

-The Footcare Nurse: June 03rd

-Mass: May 14 & 28th @2:00pm

#### **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

**♠** Dietary / Nutrition Announcement Dear Families, Friends, SDMs, POAs, and Stakeholders,

Allow me to introduce myself, my name is **Amberlee Gray-Henderson**, and I'm proud to be the new **Dietary Manager here at Marochel Manor**.

From a young age, I recognized the importance of well-curated menus. While still in high school, I worked at a summer camp that nearly closed due to an unapproved menu that didn't meet dietitian standards. That experience sparked my passion for food and inspired me to pursue a career in the culinary field.

After graduating high school, I enrolled in Culinary Management (2016–2018), including a three-month placement in Montenegro. Following, I studied Nutrition Management (2018–2019). My professional journey in healthcare began in 2018 as a cook in a retirement home, and I transitioned into management in long-term care in 2021.

Outside of work, I'm a proud mom to a lively two-yearold boy, a dog, and three cats. My son has already inherited my love for cooking, and we often enjoy time together in the kitchen.

I'm truly excited to bring my passion and experience to Marochel Manor. My goal is to create delicious, well-balanced meals and a positive dining experience that your loved ones can look forward to and enjoy.

Warm regards,
Amberlee Gray-Henderson
Dietary Manager, Marochel Manor



#### **Environmental Service Announcement**



#### Hello Families, Friends, and Stakeholders,

If I may introduce myself—my name is Brian Medicraft, and I'm the new Environmental Services Manager here at Marochel Manor.

I was born and raised in Holland, Netherlands, and now enjoy a quiet, peaceful life with my wife. I'm an avid gardener and have a particular fondness for full-bearded garden gnomes they bring me endless joy. Our children are grown and have flown the nest, making us proud grandparents to two wonderful grandchildren.

My career in maintenance began in the hotel industry, working alongside my father. It turned out to be the perfect fit for someone like me—quiet, hands-on, and detail-oriented. I spent most of my career in hospitality, but in 2019, just a few months before the pandemic began, I transitioned into the retirement sector. It was a shock at first, but also an incredible opportunity for growth and learning.

This year holds something especially exciting for my wife and me—we'll be traveling back to Holland for the first time in many years. Although I've never been one for Halloween celebrations, it also happens to be our wedding anniversary. For the first time, we'll be celebrating that special day in Paris—a long-awaited and meaningful trip for us both.

Now, I'm excited to bring my years of experience into the world of long-term care. I look forward to contributing to the upkeep and comfort of this warm and welcoming home.

Kind regards,

#### **Brian Medicraft**

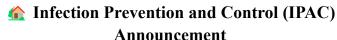
Environmental Services Manager, Marochel Manor



### Marochel Welcome's

André M.

Jacques S.



Hello, Marochel Family and Valued Stakeholders,

My name is **Aditi Kanapaka**, and I am honoured to serve as Marochel Manor's new Infection Prevention and Control (IPAC) Lead.

I chose to join the team at Marochel because I have seen firsthand the powerful impact that strong IPAC practices can have on the health and well-being of older adults. Effective infection prevention not only minimizes suffering but also promotes dignity and quality of life—something I'm deeply passionate about.

I was raised in a family rooted in healthcare; both of my parents were medical professionals. From the age of 5 to 16, I spent many afternoons in the hospital where they worked, often waiting in the nurses' quarters while observing them from afar as they cared for patients. I was especially fascinated by their work collecting and analyzing specimens—I knew from a young age that I wanted to be part of that world.

I went on to earn my medical dentistry license and practiced for nine years. During that time, I also had the privilege of caring for my grandparents, who raised me during my early childhood while my mother pursued her own medical career. That experience deepened my love and respect for the elderly and cemented my commitment to supporting their health. Being part of Marochel Manor feels like coming home. The close-knit community here reminds me of the deep bonds that can be formed through care, trust, and compassion. I'm truly grateful to be part of this journey with you all.

Warmly, Aditi Kanapaka IPAC Lead, Marochel Manor 🞉 🚢 Happy Birthday to Our May Frontline Stars! 🚢 🎉

This month, we celebrate the incredible frontline team members born in May!

Your compassion, dedication, and positive energy brighten our home and bring comfort and joy to the residents every day. We are so grateful for all that you do.

→ A Special Birthday Shout-Out

to Our Taurus and Gemini Stars! May is shared by two zodiac signs—Taurus (April 20 – May 20) and Gemini (May 21 – June 20).

- Taurus is known for being reliable, patient, and grounded—just like the steady support you bring to our home.
- Gemini shines with adaptability, warmth, and vibrant communication—traits that keep our team energized and connected.

Wishing You a Fantastic Birthday! Wishing You a Fantastic Birthday! Wishing You so filled with joy, laughter, and the appreciation you so truly deserve. Here's to another year of making a difference!

With heartfelt thanks,

The Marochel Manor Team



 Honouring Mother's Day – Sunday, May 11th

We extend our warmest wishes to all the incredible mothers in our community. Your strength, love, and nurturing spirits continue to inspire. Happy Mother's Day from all of us at Marochel Manor!

Thank You to Our Amazing
Volunteers

Although Volunteer Appreciation Week was officially observed from April 27 to May 3, we believe in showing gratitude all year round.

A heartfelt thank you to our dedicated volunteers whose generosity and presence bring light, comfort, and connection to our residents.

We appreciate you more than words can express!

## Looking Back on a Memorable April

April was a month full of connection, celebration, and community spirit here at Marochel Manor! Here's a heartfelt look back at the many moments that made this past month so special.

\*\*Sugar Shack Outing – April 4th
We kicked off the month with sweet
smiles at our Sugar Shack outing.
Residents enjoyed the fresh air, warm
hospitality, and of course—delicious
maple meals!

# Special Visit from MP Mona Fortier – April 8th

We were honoured to welcome Mona
Fortier, Member of Parliament for
Ottawa—Vanier/Gloucester, who visited
her constituents here at the Manor. She
spent time listening to their voices and
asking for their continued support.

### Gentlemen's Club Launch

April also marked the beginning of our **Gentlemen's Club**, a space for camaraderie, conversation, and shared interests among the men in our home.

# **T** Gardening Season Begins

Two raised garden beds were assembled, by the men in Gentlemen's club and the **grow wall** began to bloom with resident care and attention—setting the stage for a season of greenery and growth.

## T Spiritual Observances for Easter

Mass was observed during Holy Week,
palms were distributed, and a specially
curated meal was served over the Easter
weekend, bringing comfort and tradition

to all who celebrated.

Easter Monday Lunch

Menu
Roast Beef Slices
Served with Roasted Potatoes
and Carrots

Dessert
Greek Yogurt with MangoPineapple Blend
Second Option
Chicken Broccoli Alfredo

## P Tim Hortons Social – April 22nd

There's nothing quite like a hot cup of coffee and good company! Our **Tim Hortons Social** brought familiar flavours and friendly chats to a cozy afternoon gathering.

On election day, a polling station was set up in the South Activity Room, and poll workers went room-to-room with red carts to ensure every resident—regardless of mobility—had the opportunity to vote. Only in rare cases, where health concerns were present, were rooms not entered. We are proud to support our residents' right to be heard.

# Celebrating April Birthdays &

Milestones

A homemade cake was baked and decorated by our talented staff to honour all April birthdays, including milestone celebrations. Laughter, love, was shared as we gathered in tribute to these special days.

As always, thank you to our incredible staff, families, and volunteers who make these moments possible. Your time and dedication continue to enrich the lives of our residents each day.

Here's to a beautiful spring ahead! \*\*
The Marochel Manor Team









Here's a little teaser of the delicious dishes we'll be serving for Cinco de Mayo



Beef Taco Casserole with Tortilla Chips and Mexican Corn

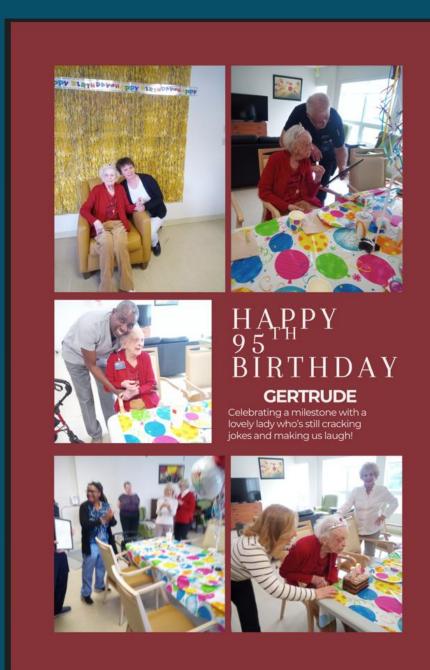
#### Dessert

Dulche de Leche cake Tajin Mangoes



## Second Option

Turkey Quesadilla with Mexican Coleslaw





Volunteer Appreciation Week 2025 April 27th - May 3rd Volunteers Make Waves

# Cinco De Mayo

Happy Mothers Day-May 11

# **SOUTHBRIDGE**

Manoir Marochel Happy Victoria Day-May 19 CARE HOMES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEGEND  WARWest Activity Roo SARSouth Activity Ro CChapel L Lobby 1-1 In Resident Room OUTOuting PATPatio	om André M 29	Potential-Outing Fulip Festival-May 12th	Ottawa Tulip Festival May 9th -May 19th Commissioners Park @Dow's Lake	9:30 Calendar Distribution, <b>1</b> 1-1 1:00 Friendly Visits , 1-1 1:05 Self directed activities , 1-1	9:30 West-News Hour , SAR 2 1:00 West-Friendly Visits , 1-1 1:05 South-Self directed activities , 1-1 2:00 Bingo , SAR 3:30 South-Painting&Coloring, 1-1	9:30 West-5 Minutes Stretch , SAR 11:00 West- Spa Nails, 1-1 1:00 South-Individual Activity, WAR 1:05 South-Self directed activities , 1-1 3:30 South-Fun &Games, SAR
10:10 Televised Mass, SAR  11:30 South Unit Religious Music, SAR  1:05 West Unit Self Directed Activities , 1-1  2:00 South Unit Movie , WAR	9:30 Fiesta Chair Dance, 1-1 5  10:30 Mexican Culture     Trivia, 1-1  11:00 Spanish Song of Hope, 1-1 1:00 Self directed Activities, 1-1 2:00 "The Alamo" Movie, SAR 3:00 Mexican Music, 1-1 6:00 Virtual Tour / Lotería, L	9:30 South-Group Exercise, SAR 10:15 South-Bible Study, 1-1 11:00 Word Games, WAR 1:05 West-Self directed activities , 1-1 3:30 West-Painting, WAR 6:10 Name that Tune, SAR	9:30 West-News&Views, L 1:05 West-Self directed activities , 1-1 2:00 West-Fun &Games, WAR 3:00 South Unit Baking, SAR 6:10 South Unit Movie Night , WAR	9:30 South Unit Group Exercise, SAR  1:05 South Unit Self directed activities , 1-1  2:00 Word Search , SAR  3:30 South Unit Arts & Crafts, WAR  6:00 West Unit Trivia, WAR	9:30 West-News Hour, SAR 9 11:00 West- Word Search , WAR 1:05 Self directed Act., 1-1 3:30 South Painting, SAR 3:30 Antonyms, SAR Tulip Festival Begins	9:30 South-Chair Exercise, SAR  10:45 South-Spa Nails Sensation, 1-1  11:00 Bible Study, WAR  1:05 West-Self directed activities, 1-1  3:30 West-Fun & Games, WAR  6:10 Tai Chi Movements to Music, SAR
9:30 Mother's day Stretches, 1-1 10:10 Televised Mass, SAR 11:00 Reminiscing , SAR 2:00 Ladies Tea Party, Pat 3:30 Ladies Hand Message , WAR 6:10 Sing Along, WAR	9:30 Discussion , SAR 11:00 Spring Theme Word Search, WAR 1:05 Self directed activities , 1-1 2:00 Gardening, SAR 3:30 Arts & Crafts, WAR 6:10 Card, SAR	9:30 Group Exercise, SAR 10:15 Bible Study, SAR 11:00 Word Games, WAR 1:00 Potential Outing to Tulip Festival, Out 2:00 "Who Am I?" Guessing Game, WAR 6:10 Who/What am I?, SAR	9:30 News&Views, L  10:45 Baking, SAR  1:05 Self directed activities , 1-1  2:00 Mass, C  3:30 Fun &Games, WAR  6:10 Movie Night , WAR	9:30 Group Exercise, SAR 1:05 Self directed activities , 1-1 2:00 Gentleman's Club, L 3:30 Arts & Crafts, WAR 6:10 Story time, L	9:30 News Hour, SAR 11:00 Floor Darts, WAR 1:05 Self directed activities , 1-1 2:10 Special Bingo, WAR 3:30 Painting, WAR 6:10 Trivia, L	9:30 Chair Exercise , SAR 10:30 Spa Nails Sensation, 1-1 11:00 Bible Study , WAR 1:05 Self directed activities , 1-1 2:00 O.K.O, WAR 3:30 Fun &Games, WAR 6:10 Snoezelon, SAR
10:10 Televised Mass, SAR 11:30 Religious Music, SAR 1:05 Self directed activities , 1-1 2:00 Movies Series, WAR 3:30 Drummer-cise, WAR 6:10 Word Games, L  Tulip Festival Ends	9:30 Canadian Flag Coloring, WAR  10:50 "Royal Family" Trivia, WAR Victoria Day  1:05 Self directed activities , 1-1 2:00 Gardening, Pat 3:30 Arts & Crafts, WAR 6:10 Anne Of Green Gables ,	9:30 Group Exercise, SAR 20 10:15 Bible Study, SAR 11:00 Word Games, WAR 1:05 Self directed activities , 1-1 2:10 Bingo, WAR 6:10 Board Games, WAR	9:30 News&Views, L  10:45 Baking, SAR  1:05 Self directed activities , 1-1  3:30 Fun &Games, WAR  6:10 Movie Night , WAR	9:30 Group Exercise, SAR 22 11:10 Short Stories, L 1:05 Self directed activities , 1-1 2:00 Guy Lalonde , L 3:30 Arts & Crafts, WAR 6:10 Cards, L	9:30 News Hour, SAR 11:00 Floor Darts, WAR 1:05 Self directed activities , 1-1 2:10 Bingo, WAR 3:30 Painting, WAR 6:00 Floor Darts, WAR	9:30 Chair Exercise, SAR 10:45 Spa Nails Sensation, 1-1 11:00 Bible Study, WAR 1:05 Self directed activities, 1-1 3:30 Fun &Games, WAR 6:10 Bean Bag, L
10:10 Televised Mass, SAR 11:30 Religious Music, SAR 1:05 Self directed activities , 1-1 2:00 Movies Series, WAR 3:30 Drummer-cise, WAR 6:10 Balloon Tennis, L	11:00 Bean Bag Toss, WAR 1:05 Self directed activities , 1-1 2:00 Bowling , SAR 3:30 Arts & Crafts, WAR 6:10 Card, SAR	9:30 Group Exercise, SAR 10:15 Bible Study, SAR 11:00 Word Games, WAR 1:05 Self directed activities , 1-1 2:10 Bingo, WAR 6:10 Trivia, WAR	9:30 News&Views, L  10:45 Baking, SAR  1:05 Self directed activities , 1-1  2:00 Mass, C  3:30 Fun &Games, WAR  6:10 Movie Night , WAR	9:30 Group Exercise, SAR 29 11:00 Resident's Council, WAR 1:05 Self directed activities , 1-1 2:00 Gentlemen's Club, WAR 3:30 Arts & Crafts, WAR 6:10 Finish the saying, L	9:30 News Hour, SAR 11:00 Floor Darts, WAR 1:05 Self directed activities , 1-1 2:10 Bingo, WAR 3:30 Painting, WAR 6:00 Word Search, WAR  B	9:30 Chair Exercise , SAR 10:45 Spa Nails Sensation, 1-1 11:00 Bible Study , WAR 1:05 Self directed activities , 1-1 2:00 O.K.O, WAR 3:30 Fun & Games, WAR 6:10 Spring Word Search, SAR