



Resident Birthdays

Randah N. 09
Dorothy C. 11
Alexis H. 12
Joanne D. 13
Luc T. 28



In Loving Memory



Yvon C.

May You Rest In Peace



HOME DIRECTORY




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Residents Programs Manager “RPM” Martine de Souza mdesouza@southbridgecare.com (613) 744-1861*111	Family Council Chair If interested in this position, please speak to Jennifer Hess jhess@southbridgecare.com (613) 744-1861*115
<u>South Nursing Station</u> Days: 07:00-14:59 (613)744-1861*212	<u>West Nursing Station</u> Days 07:00-14:59 (613) 744-1861*214
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August 2025 Newsletter







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Family Fun Day

Thursday, August 21 | 11:00 AM – 4:00 PM 

We're excited to invite families, friends, children, and stakeholders to join us at Marochel Manor for an unforgettable day of fun, laughter, and celebration!

Schedule of Events:

- **11:00 AM – Kick off with fun games & prizes**

- **11:00 AM – 12:00 PM – Visit from a petting zoo**

- **12:00 PM – Enjoy a delicious BBQ lunch** 
- **1:00 – 2:00 PM – Game Stations open for all ages** 
- **2:00 – 3:00 PM – Let's party with the internationally renowned Joanie Charron!**

- **3:15 PM – Time to smash the piñata!** 
- **4:00 PM – Event closes**

Raffle Tickets & 50/50 Draw!

Don't miss your chance to win! Raffle tickets and a 50/50 draw will be available throughout the event. All funds raised will go directly to supporting our Resident Council.

**Come for the food, stay for the fun
we can't wait to celebrate with you**

-Programs

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!

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.



Mr. Samuel O.

Announcements

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

Next visit:

-The Footcare Nurse: **26th**

-Mass: **6th & 20th @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 Team

To our new Residents and their Families; Welcome!

We're so happy to have you join our community. Our team is here to support you every step of the way and ensure that you feel safe, comfortable, and cared for. **Please don't hesitate to reach out with any questions or concerns.** We look forward to getting to know you and making many meaningful memories together.

Warmly,
Management Team



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 the Office Manager.

Environmental Service Announcement

Fire Drill Update & Training Invitation from Environmental Services

We are pleased to share that our **first fire drill of the year was successfully conducted on the morning of July 15th**. All staff and students responded quickly, and the simulated "fire" was identified and managed in under two minutes.

To ensure preparedness across all shifts, a **second fire drill was conducted during the week of July 21st–25th for our evening team**. Both drills were carried out in accordance with safety legislation and reflect our ongoing commitment to the well-being of everyone in our home.

As part of our continued focus on safety, we are also offering a **Fire Extinguisher Training session**, and warmly invite interested staff, families, and stakeholders to attend:

Event: Tutor Fire Extinguisher Training

Date: Wednesday, September 10, 2025

Time: 10:00 a.m. to 1:00 p.m.

Location: 949 Montreal Rd

This hands-on session will provide practical training in proper fire extinguisher use and support our overall emergency preparedness efforts.

All interested are welcome to attend.

Kindly

Brian Medicraft

Environmental Services Manager,



Infection Prevention and Control (IPAC) Announcement

Dear Families, SDMs, and Stakeholders,

I'm pleased to share that we have successfully completed a **second round of N95 mask fit testing** here at Marochel Manor. The majority of our staff have now been **properly refitted**, ensuring continued compliance with infection prevention protocols and the highest standards of resident safety.

As part of our ongoing commitment to maintaining a safe environment, I am actively working toward **certification to conduct fit testing onsite**. This will allow me to support any remaining staff, as well as **volunteers or family members** who may wish to be fitted for an N95 mask in the future.

In addition, we are currently reviewing and updating **immunization records for all employees and volunteers**. This includes essential vaccines such as:

- **MMR** (Measles, Mumps, Rubella)
- **Varicella** (Chickenpox)
- **Hepatitis B**
- **TDAP** (Tetanus, Diphtheria, and Pertussis with a booster recommended every 10 years)

We kindly encourage you, as valued family members and visitors, to **review your own immunization status**, particularly your adult boosters. Staying protected not only safeguards your own health but also helps us maintain a **safe and supportive environment for our residents**, many of whom are medically vulnerable.

Thank you for your continued partnership in keeping Marochel Manor a safe and healthy home for everyone.

Warmly,

Aditi Kanapaka

IPAC Lead,



Cucumber Mint Citrus Cooler

A Refreshing & Hydrating Drink for Hot Days

Ingredients (Serves 6-8):

- 1 large cucumber, thinly sliced
- 1 lemon, thinly sliced
- 1 lime, thinly sliced
- A handful of fresh mint leaves
- 6 cups cold water
- 1–2 tablespoons honey or agave syrup (optional)
- Ice cubes

Instructions:

1. In a large pitcher, combine cucumber, lemon, lime, and mint leaves.
2. Gently muddle the ingredients with a spoon to release the flavors.
3. Add cold water and stir well.
4. If using sweetener, dissolve it in a small amount of warm water first, then add to the pitcher.
5. Chill in the fridge for at least 1 hour before serving.
6. Pour over ice and enjoy!

Optional: A splash of sparkling water or club soda

- A few fresh berries or orange slices for color
- Pinch of sea salt (for extra hydration)



Dietary / Nutrition Announcement



Dear Families, SDMs, and POAs,

As we embrace the summer season, our **Programs**

Department has organized a series of wonderful events across the home, creating moments of joy and connection for residents, families, and staff.

The **Dietary Team** has been proud to support these celebrations by preparing delicious BBQs, themed meals, and special picnic-style dining experiences that added to the festive atmosphere.

Over the past two months, we've successfully supported several of these events, including:




- **South Unit BBQ Lunch – June 6** ☒
- **West Unit BBQ Lunch – June 13** ☒
- **Welcome to Summer BBQ Party – June 27** ☒
- **Canada Day Celebration BBQ – July 1** ☒
- **Joint Unit Lunch – July 11** ☒
- **Indoor/Outdoor Picnic Party – July 24**  ☒



A huge thank you to our kitchen team for their ongoing dedication to quality and service. It's through their hard work that we're able to enhance the enjoyment of each event with great food.

What's Coming Up

Looking ahead, the Dietary Team is excited to continue collaborating with the Programs Department for more summer fun:

- **Friday, August 1 – Staff Appreciation BBQ**

- **Friday, August 15 – Joint Unit BBQ Lunch** 
- **Thursday, August 21 – Family Fun Day** 
- **Friday, September 5 – End of Summer BBQ**

We look forward to many more opportunities to bring people together through food, friendship, and festive celebrations.

Warm regards,

Amberlee Gray-Henderson

Dietary Manager, Marochel Manor

Programs Memorable Moments



🎄 ❄️ Christmas in July ❄️ 🎄
Mid-Year Magic at Marochel Manor

On July 17th, residents and staff came together to celebrate a joyful **Christmas in July**. The festivities began with a spirited exercise class led by our PTA. Although the tree had been decorated by residents earlier in the week, its glowing presence added to the charm of the day. A live musical performance brought the sounds of Christmas to life. Resident's enjoyed refreshing fruit, crackers and cheese, sparkling non-alcoholic beverages carols and Christmas stories in the lobby.



The event was a beautiful blend of movement, music, and memories.

❄️ ❤️ ChristmasInJuly -MarochelMoments -LTCJoy -
SeniorsCelebrate ❤️ ❄️

On **Friday, August 1st**, we'll be hosting our **Staff Appreciation Event** in the West Activity Room to recognize the incredible team members who make a difference every day.

Last month, on **July 17th**, we proudly held our **Employee Service Recognition Ceremony**, honouring staff with **5, 10, 15, and 20 years** of service a heartfelt thank you to all for their dedication.

This month, we'll continue enjoying the season with cool indoor activities, fresh summer snacks, and time shared together.

Here's to a joyful August!

-Your Life Enrichment Team 🌻🍉🍁

