



### Resident Birthdays

Joann E. 07  
Marion B. 08  
Claude G. 23  
Bernard M. 27  
Ronald S. 29



### In Loving Memory



## HOME DIRECTORY



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“ESM”

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“RPM”

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Family Council Chair

If interested in this position,  
please speak to

Jennifer Hess

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#### South Nursing Station

Days: 07:00-14:59

(613)744-1861\*212

#### West Nursing Station

Days 07:00-14:59

(613) 744-1861\*214

#### South Nursing Station

Evening & Nights 15:00-06:59

(343) 996-5750

#### West Nursing Station

Evenings & Nights 15:00-06:59

(613) 286-1593



Manoir  
**Marochel**  
Manor

## July 2025 Newsletter

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

🌻 Hello July! 🌻

As the warmth of summer settles in, July invites us to embrace longer days, sunny skies, and joyful moments shared together. From celebrating Canada Day to enjoying patio chats, lemonade socials, and barbecues, there are so many ways to make the most of this vibrant season.

This month, our home will be filled with summer spirit — think bright decorations, fresh fruit treats, cool indoor activities during heatwaves, and plenty of opportunities to connect, reminisce, and make new memories. Let’s celebrate each other, stay hydrated, wear our sun hats, and continue to bring sunshine into each other’s lives every day.

Here’s to a joyful July!

— Your Life Enrichment Team 🌻🍉🍁

### 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.



**Michael C.**

### Announcements

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

Next visit:

-The Footcare Nurse: **July 15<sup>th</sup>**

-Mass: **July 9 & 23<sup>rd</sup> @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

### 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.

### **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,  
The Team at Marochel Manor



## **Environmental Service Announcement**

Dear Families and SDMs,

I'd like to share a quick update on the steps we're taking to maintain a safe and comfortable environment for your loved ones during the summer season.

We are **closely monitoring both the HVAC system and the portable cooling units** in resident rooms, activity rooms and dining areas to ensure everything is working properly and temperatures remain comfortable throughout the home.

In addition, **hot water and room temperatures are being checked daily**, not only by myself and the Environmental Services team, but also with the support of our **nursing staff**, to ensure that **temperatures remain within safe and regulated ranges** for quality resident care.

You'll often find me and my team **present on the units supporting housekeeping, conducting routine audits, and working alongside staff** to help maintain a clean, safe, and welcoming home.

Thank you for your continued trust.

Kindly  
**Brian Medicraft**  
Environmental Services Manager,




## **Celebrating Our Frontline Stars Born in July!**



To our incredible frontline team members celebrating their birthdays this month — **Happy Birthday and thank you** for all that you do! Your hard work, heart, and dedication make a difference every single day, and we are so lucky to have you as part of our home.

Whether you're a **compassionate Cancer** (June 21 – July 22), known for your nurturing nature and deep empathy, or a **loyal and vibrant Leo** (July 23 – August 22), admired for your strength, warmth, and leadership — your unique qualities help shape the caring environment we're proud to offer.

May your birthday month bring you as much joy as you bring to others.

Enjoy every moment — you deserve it!   

With heartfelt thanks,

The Marochel Manor Team

## **Infection Prevention and Control (IPAC) Announcement**

Dear Families, SDMs, and Stakeholders,

As part of our ongoing commitment to health and safety, we are currently ensuring that all employees and volunteers have up-to-date immunization records. **This includes vaccines such as MMR (Measles, Mumps, Rubella), Varicella (chickenpox), Hepatitis B, and TDAP (Tetanus, Diphtheria, and Pertussis; with a booster recommended every 10 years).**

We kindly encourage you to also take a moment to review your own immunization status, especially as it pertains to adult boosters. Staying protected helps create a safer environment for everyone in our home especially our most vulnerable residents.

We are also pleased to share that the **COVID-19 booster was successfully administered to our residents**. A heartfelt thank you to all **POAs and SDMs** who promptly provided consent and helped make this important initiative possible.

Your continued support is deeply appreciated.

Warmly,  
**Aditi Kanapaka**  
IPAC Lead,  
Marochel Manor

## Summer Berry Mint Water

### A Refreshing & Hydrating Drink for Hot Days


#### Ingredients:

- 1 cup fresh strawberries, sliced
- 1/2 cup blueberries (fresh or frozen)
- 1 small lemon, thinly sliced
- A few fresh mint leaves
- 6–8 cups cold water
- Ice cubes (optional)

#### Instructions:

1. Wash all fruits and mint leaves thoroughly.
2. Add the strawberries, blueberries, lemon slices, and mint leaves to a large pitcher.
3. Pour in cold water and stir gently.
4. Let it infuse in the refrigerator for 1–2 hours before serving.
5. Add ice cubes just before serving for extra coolness.

**Optional:** Swap berries for cucumber slices or orange wedges for variety!

 Naturally sweet, full of antioxidants, and incredibly hydrating — this summer drink is perfect for sipping throughout the day!

## Dietary / Nutrition Announcement

Dear Families, SDMs, and POAs,

As the new Dietary Manager, I would like to thank you for your continued support and understanding as I work through the many challenges that come with improving and personalizing our dietary services. With ongoing feedback, collaboration and a great deal of patience; I remain committed to achieving resident satisfaction and enhancing the dining experience for all.

I'm pleased to share that our summer menu, was approved by the Resident Council, has been in rotation since June 9<sup>th</sup>. We've received a generally positive response from certain residents.

During our most recent Food Committee meeting, I took the opportunity to inform the members present about Resident Choice Menu Day that was implemented on June 26, where residents helped build a menu from scratch based on their preferences.

The final menu featured:

Grilled Steak with Fried Mushrooms and Onions, served with a Loaded Baked Potato (topped with sour cream, bacon, cheese & chives) and Roasted Fresh Asparagus.

The alternate option was Fish Cakes with Roasted Potatoes, served with Kale Salad, and Banana Cream Pie, or a Tropical Fruit Salad for dessert. We believe these steps are helping us move closer to truly person-centered care, where resident voices guide the choices, we make. Thank you again for your trust as we continue to grow and evolve our services.

Warm regards,

Amberlee Gray-Henderson

Dietary Manager, Marochel Manor





Programs Memorable Moments



# Welcome to Summer Party

## Friday June 27<sup>th</sup>

11:00 - 4:00pm



BBQ



Drinks



Music



FREE  
ADMISSION



# Welcome to Summer Party

## Friday June 27<sup>th</sup>

11:00 - 4:00pm

### Line Up

Time	Event	Location
11:00	Opening	Main lobby
11:05	Energetic Zumba	Main Lobby
11:30	Trivia	Main Lobby
12:00	BBQ	Dinning Room/ West Activity Room
1:20-1:50	-Game station -Crafts -mingle with Snack - fruit platter and lemonade	South Activity room
2:00	Music	Main Lobby
3:15	Smash the Piñata	Main Lobby

for more details, please contact  
Martine de Souza Programs Manager  
[mde Souza@Southbridgecare.com](mailto:mde Souza@Southbridgecare.com)





# OFF THE GRILL

FRIDAY JUNE 6<sup>TH</sup> 2025  
WEST ACTIVITY ROOM/ PATIO  
12:00 NOON

## MAIN COURSE

Polish Beef Sausage  
Garnished With Sauerkraut, Dill Pickles  
Served With Potato & Cucumber Salad

OR

## SECOND OPTION

Turkey Burger  
Dressed with lettuce, onion, tomato, & Cranberry  
mayo, served with Potato & Cucumber salad

## DESSERT

Lemonade Lavender Ice Cream or  
Strawberries



National Indigenous Peoples Day  
Saturday, June 21st, 2025

A DAY TO CELEBRATE,  
LEARN, AND REFLECT

9:30 AM - Land Acknowledgement  
(French) - LB -

10:00 AM - Documentary:  
"People of the Dawn" - LB -

11:00 AM - Crafts: Bracelets &  
Bookmarks -

1:00 PM - Self-directed activities -

1:55 PM - Land Acknowledgement  
(English) -

2:00 PM - Food Tasting: Bannock, wild  
berry jam, Three Sisters succotash -

3:20 PM - Reflection & Group Discussion

6:00 PM - Storytime & Indigenous  
Legend -



MAROCHEL MANOR

# The CANADA DAY MENU

STAFF INVITED TO  
BBQ

## MUSHROOM SWISS CHEESE BURGER

- 4 ounce Beef Patty
- Greek Mediterranean
- Maccaroni Salad

## WELL SEASONED CHICKEN BREAST

- Greek Mediterranean
- Maccaroni Salad



## DESSERT

- Cherry Cheese Cake Ice Cream
- Watermelon



## RASPBERRY LEMONADE



11:05 AM - Opening Welcome

- 11:15 AM - O Canada (English & French) - Lobby
  - Fun facts shared about **Calixa Lavallée**, **Robert Stanley Weir**, and **Adolphe-Basile Routhier**
  - 11:20 AM - Land Acknowledgement (English & French)  
Brief overview of Canada's origins and general Canada Day trivia
- 11:35 AM - Canadian Hagmann
- 12:00 PM - BBQ Lunch (Indoors - West Activity Room available for a quieter setting)
- 1:20-1:50 PM - Games & Prizes
- 2:00 PM - Live Music with **Luke Gilles** (Saxophone & Piano)
- 3:00 PM - Reflection Time
  - Live Broadcast/music/parlement videos/ set up words search...
- 6:10 PM - Arts & Crafts

# OFF THE GRILL

FRIDAY JUNE 13<sup>TH</sup> 2025  
WEST ACTIVITY ROOM/ PATIO  
12:00 NOON

## MAIN COURSE

Mild Italian Sausage  
Garnished With Sauerkraut, Dill Pickles  
Served With Potato & Cucumber Salad

OR

## SECOND OPTION














Turkey Burger  
Dressed with lettuce, onion, tomato, & Cranberry  
mayo, served with Potato & Cucumber salad

## DESSERT

Lemonade Lavender Ice Cream or  
Strawberries





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LEGEND</b> <b>WAR</b> ---West Activity Room <b>SAR</b> ---South Activity Room <b>C</b> ---Chapel <b>L</b> ---Lobby <b>1-1</b> --- In Resident Rooms <b>OUT</b> ---Outing <b>PAT</b> ---Patio	<b>July Birthday</b> <b>Joann E.---07</b> <b>Marion B.---08</b> <b>Claude G.---23</b> <b>Bernard M.---27</b> <b>Ronald S.---29</b>	<b>8:15 Calendar Distribution (1-1)</b> <b>1</b> <b>11:00 Opening Day (L)</b> <b>11:15 National Anthem En, &amp; Fr (L)</b> 11:20 Land acknowledgment (L) 11:30 Canadian Trivia (L) <b>2:00 Music: Luke Gilles (L)</b> 3:05 Reflection time (1-1) 6:10 Arts & crafts (WAR) 	9:30 News&Views (L) <b>2</b> <b>10:45 Baking (SAR)</b> 1:05 Self directed activities (1-1) 2:00 Hangman (L) <b>3:30 Fun &amp; Games (WAR)</b> 6:10 Movie Night (WAR)	9:30 Group Exercise (SAR) <b>3</b> 10:05 Self directed activities (1-1) <b>2:00 Montessori afternoon (WAR)</b> 3:30 Arts & Crafts (WAR) 6:10 Cards (L)	9:30 News Hour (SAR) <b>4</b> 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:30 Adult Painting by Numbers (WAR) 6:10 Bean Bag Toss (WAR)	9:30 Chair Exercise (SAR) <b>5</b> 10:15 Spa Nails Sensation (1-1) 11:30 Bible Study (WAR) 1:05 Self directed activities (1-1) 2:00 Badminton (SAR) <b>3:30 Fun &amp; Games (WAR)</b> 6:10 Scrabble (SAR)
10:10 Televised Mass (SAR) <b>6</b> 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) <b>6:10 Balloon Tennis (Pat)</b>	9:30 News & Views Politics (L) <b>7</b> 10:00 Word search (SAR) 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) <b>8</b> 10:15 Bible Study (SAR) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:05 Reflection time (1-1) <b>6:10 Ice cream &amp; Evening on Patio (Pat)</b> 	9:30 News&Views (L) <b>9</b> <b>10:45 Gentlemen's club (SAR)</b> 1:05 Self directed activities (1-1) <b>2:00 Mass (C)</b> 3:30 Antonyms/Synonyms (WAR) 6:10 Movie Night (WAR)	9:30 Group Exercise (SAR) <b>10</b> 10:05 Self directed activities (1-1) <b>11:00 Baking Lemon Bar (WAR)</b> 1:05 Self directed activities (1-1) <b>2:00 Banana Split Social (WAR)</b> 3:30 Arts & Crafts (WAR) <b>6:10 Evening on Patio (Pat)</b>	9:30 News Hour (SAR) <b>11</b> <b>12:00 BBQ Both Units (DR)</b> 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:30 Adult Painting by Numbers (WAR) <b>6:10 R-you smarter than a 5th grader (L)</b>  	9:30 Chair Exercise (SAR) <b>12</b> 10:15 Spa Nails Sensation (1-1) 11:30 Bible Study (WAR) 1:05 Self directed activities (1-1) 2:00 O.K.O (WAR) <b>3:30 Fun &amp; Games (WAR)</b> <b>6:10 Evening on Patio (Pat)</b>
10:10 Televised Mass (SAR) <b>13</b> 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) <b>6:10 Social Tea Evening (Pat)</b> 	9:30 News & Views Politics (L) <b>14</b> 10:45 Word Search (SAR) 1:05 Self directed activities (1-1) 2:00 Hangman (SAR) 3:30 Arts & Crafts (WAR) 6:10 Cards (L)	9:30 Group Exercise (SAR) <b>15</b> 10:15 Bible Study (SAR) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:05 Reflection time (1-1) 6:10 Sing along (L)	9:30 News&Views (L) <b>16</b> <b>10:45 Baking (SAR)</b> 1:05 Self directed activities (1-1) 2:00 Trivia (L) <b>3:30 Fun &amp; Games (WAR)</b> 6:10 Movie Night (WAR)	9:30 Xmass HANGMAN (L) <b>17</b> <b>11:00 Xmass Trivia (L)</b> <b>12:00 Turkey Dinner for Lunch (DR)</b> 1:05 Self directed activities (1-1) <b>2:00 Music, Kevin A. (L)</b> 4:00 Bowling (L) 6:10 Cards (L)   	9:30 News Hour (SAR) <b>18</b> 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:30 Adult Painting by Numbers (WAR) 6:10 Word Games (L)	9:30 Chair Exercise (SAR) <b>19</b> 10:15 Spa Nails Sensation (1-1) 11:30 Bible Study (WAR) 1:05 Self directed activities (1-1) 2:00 Bean Bag Toss (SAR) <b>3:30 Fun &amp; Games (WAR)</b> 6:10 Evening Stretches (WAR)
10:10 Televised Mass (SAR) <b>20</b> 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) 2:00 Movies Series (WAR) 3:30 Drummer-cise (WAR) 6:10 Board Games (WAR)	9:30 News & Views Politics (L) <b>21</b> 10:45 Word Search (SAR) 1:05 Self directed activities (1-1) 2:00 Bowling (SAR) 3:30 Arts & Crafts (WAR) 6:10 Antonym and synonyms (L)	9:30 Group Exercise (SAR) <b>22</b> 10:15 Bible Study (SAR) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) <b>3:30 Fruits Smoothie (WAR)</b> 6:10 Short Stories (L)	9:30 News&Views (L) <b>23</b> <b>10:45 Gentleman's club (SAR)</b> 1:05 Self directed activities (1-1) <b>2:00 Mass (C)</b> <b>3:30 Fun &amp; Games (WAR)</b> 6:10 Movie Night (WAR) 	9:30 Group Exercise (SAR) <b>24</b> 11:00 Floor Darts (WAR) 1:05 Self directed activities (1-1) <b>2:00 Picnic Indoors/outdoors (Out)</b> 3:30 Arts & Crafts (WAR) <b>6:10 Music Luke Gilles (L)</b> 	9:30 News Hour (SAR) <b>25</b> 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:30 Adult Painting by Numbers (WAR) 6:10 Balloon Tennis (L)	9:30 Chair Exercise (SAR) <b>26</b> 10:15 Spa Nails Sensation (1-1) 11:30 Bible Study (WAR) 1:05 Self directed activities (1-1) 2:00 O.K.O (WAR) <b>3:30 Fun &amp; Games (WAR)</b> <b>6:10 Evening on Patio (Pat)</b>
10:10 Televised Mass (SAR) <b>27</b> 11:30 Religious Music (SAR) 1:05 Self directed activities (1-1) <b>2:00 Movie/DVD Concert (WAR)</b> 3:30 Drummer-cise (WAR) 6:10 Trivia (WAR) 	9:30 News & Views Politics (L) <b>28</b> 10:45 Word Search (SAR) 1:05 Self directed activities (1-1) 2:00 Who/What am I? (L) 3:30 Arts & Crafts (WAR) <b>6:10 Evening on Patio (Pat)</b>	9:30 Group Exercise (SAR) <b>29</b> 10:15 Bible Study (SAR) 11:00 Word Games (WAR) 1:05 Self directed activities (1-1) 2:10 Bingo (SAR) 3:05 Reflection time (1-1) 6:10 History Fun Facts (WAR) 	9:30 News&Views (L) <b>30</b> <b>10:45 Baking (SAR)</b> 1:05 Self directed activities (1-1) 2:00 Bean Bag Toss (WAR) <b>3:30 Fun &amp; Games (WAR)</b> 6:00 Word Search (WAR)	9:30 Group Exercise (SAR) <b>31</b> 11:00 Resident's Council (WAR) 1:05 Self directed activities (1-1) 2:00 Mini putting (WAR) 3:30 Arts & Crafts (WAR) 6:10 Cards (L)	