

November/Novembre 2017

LODGER

TODAY'S SENIORS
THEIR LIFE, THEIR WAY
WITH OUR HELP

LES AINÉS D'AUJOURD'HUI
LEUR VIE, LEUR FAÇON D'ÊTRE
AVEC NOTRE AIDE



Glen Stor Dun Lodge - Cornwall

Compassion • Knowledge • Integrity • Teamwork • Commitment • Accountability
compassion • connaissance • intégrité • collaboration • engagement • responsabilité

Friendly Reminders

Special Care Dementia Care Family Support Group

Last Wednesday of each month

6:00 p.m. to 8:00 p.m.
Glen Stor Dun Lodge Library

for more information, please call
613-932-4914

Resident Council Meeting

Fourth Tuesday of each
month

10:30 a.m. - Chapel
except July, August, December

Family Council Meeting

Third Wednesday of each
month

1:30 p.m. - Library
except July, August, December



Local People You Know And Trust

2 Locations to Serve You
822 Pitt Street, Cornwall
218 Montreal Road, Cornwall

613-938-3888

Proudly  Canadian



Allan Wilson
Ontario Licensed
Funeral Director



The Lodger

November 2017



LEST WE FORGET

Tracey Delage
Editor

Matt Jans
Co-Editor

Hanna Shafferman
Shareen McNaughton
Assitant to the Editor

Angel Printing
Printing

Lodge Volunteers
Assembly

Registered Charity
86887 6798 RR0001

Glen Stor Dun Lodge
1900 Montreal Road
Cornwall, Ontario
K6H 7L1
Tel: (613) 933-3384
Fax: (613) 933-7214

©2017 Glen Stor Dun Lodge
www.glenstordunlodge.ca

- 2 Admin Corner - 2017 Curling Challenge
- 3 Staff Side
- 4 Life at the Lodge
- 6 Hot Topics - Remembrance Day
- 7 Musings - The Changing of the Leaves
- 8 Joyeux Copains - La Bolduc
- 9 Rions/Charades/Quiz
- 10 Page Pastorale - Prière Pour Les Défunts
- 11 Pastoral Page -
- 12 Calendar of Events
- 14 Outreach
- 15 Volunteer - A Tip of the Hat to Joan Forgie
- 16 Best Wishes/Bonne Fête
- 17 Coming Events
- 18 Extras - Expressions... Continued
- 19 Connections
- 20 Art Expression - Margaret Szlachcinska
- 21 Solutions
- 22 Funny Page
- 23 Scoreboard
- 24 Mental Aerobics

Subscriptions to The Lodger

If you wish to subscribe to The Lodger, send your name, address and payment to: The Lodger, Glen Stor Dun Lodge, 1900 Montreal Road, Cornwall, Ontario K6H 7L1. The rate is \$35/year to Canada and \$45 to the US, and \$50 to other foreign countries. (Cheques payable to the Glen Stor Dun Lodge, please.)

2017
Curling Challenge

St. Joseph Continuing Care Centre
- VS -
Glen Stor Dun Lodge

REMINDER
Saturday, November 18,
2017 at 1:00pm



This year, the GSDL has challenged the employees of the Villa. They currently hold the trophy and we want to win it back!!!

The cost is \$30 per person (open to staff, their spouses & family, Resident families and volunteers). This will cover the rental of the ice, great prime rib supper with wine, prizes and entertainment.

Please note that you don't need any experience to participate. You just need to know how to have fun. The only requirements are comfortable & warm clothes, running shoes and a fun, cheerful attitude. The sign-up sheet is located outside the library and on staff boards on 3rd and ground floor. The deadline to sign up, with full payment, is November 10, 2017.

If you have any questions please contact Norm Quenneville.



Just a reminder that daylight savings time ends on Sunday November 5th, 2017. Don't forget to set your clocks and watches back one hour.

A heart felt thank you to all who donated candy, chocolate bars and/or chips to our annual Children's Trick or Treat Night. Your donations led to another wonderful event for our residents, staff and their children.

Proud grandparents George and Beverly Bourdeau (PSW) welcomed their newest grandchild, a little boy named George Nicolas Rudy Bourdeau on Monday September 25th, 2017. Here he is with his cousins: Victoria and Jacob Brouillet (on top) and Isabelle and Joelle Houle sitting



on the grass. Beverly and her husband George are affectionately known as Grandpa G. and Gammi Bear.



On Tuesday October 17th, a Staff Appreciation BBQ was held to thank staff for their commitment and dedication to the residents and to the Glen Stor Dun Lodge. Staff enjoyed hamburgers, hotdogs, curly fries, salads, drinks and an ice cream treat.

Thank you to everyone for helping and for joining in. You truly make the Glen Stor Dun Lodge a great place to work.



From left: PSW's Ashley Legue, Tammy Beckstead, Carrie Kyer and Lillian Vincent.



From left: Carmen Tessier, Manon Bourdon and Josee Duchesne



PSW's Louise Whittaker, Tina Poirier and Sarah English



Recreation Staff: Caroline Guy, Jason Swerdfeger, Joel Campeau and Tim McNally



Kristen Poirier, RPN and Amy Harps, RN



Shelley Robertson, Sue Douglas, Cindy Pecore and Linda Ledoux



The Recreation Department hosted a surprise baby shower for Recreationist Alisha Arbutnot on Thursday September 28th in the Tea Room.

Recreationist Caroline Guy, along with the help from the rest of the Recreation team, spent a few weeks gathering parenting advice from our residents...things such as tips on getting your baby to sleep through the night, what to do when your baby has a fever, what food is best for the baby.

All of this beneficial parental life experience was presented to Alisha in a keepsake scrapbook for her to refer to when needed.

Throughout the afternoon, residents enjoyed a variety of baby themed games such as mother/baby animal trivia, name that tune, nursery rhyme game, price is right and baby shower quiz.

Congratulations Alisha. We look forward to meeting baby Graydon.



4th floor residents Yvonne Paradis and Doris Charlebois with Alisha.



4th Floor residents Alvine Fishwisk, Wayne McIntosh, Leonard Godard and Jaqueline Lalonde.



3rd Floor residents Juliette Periard and Doris Beard.



4th Floor residents Shirley Wells and Heather Taylor.



A group of residents from 2nd Floor (from left) Helen Doggett, Lillian Bjergso with her husband Henrik, Frank Nevin and Grace Hickey.



Now that the cooler weather is upon us, it's time to start crafting and baking again. Our craft and baking programs are

put on the back burner throughout the warmer months so that we can spend as much time outdoors as possible.

Here are some pictures of residents from this past spring completing a variety of craft projects.



4th floor resident Phyllis Dickson painting the top of her bird house.



2nd floor Lillian Bjergso painting her picture frame.



3rd floor resident Stella Massia showing off her hand painted and decorated picture frame.



4th floor resident Norma Gibson was all smiles during her crafting event.



4th floor resident Alvine Fishwick putting the finishing touches on her project.

**Marleau Bros.
limited**

Insurance Brokers
Courtiers en assurance
Locally owned and operated
HOME • BUSINESS • AUTO




An Independent Insurance Broker Covers You Best

111 Montreal Rd. (613)932-0404

Remembrance Day (sometimes known informally as Poppy Day) is a memorial day observed, in Commonwealth of Nations member states, since the end of the First World War to remember the members of their armed forces who have died in the line of duty. Remembrance Day is observed on November 11th in most countries to recall the end of hostilities of World War 1 on that date in 1918. Hostilities formally ended with a truce "at the 11th hour of the 11th day of the 11th month". World War 1 officially ended with the signing of the Treaty of Versailles on June 28, 1919.



The red poppy has become a familiar emblem of Remembrance Day due to the poem "In Flanders Fields" written by Canadian physician

Lieutenant-Colonel John McCrae. After reading the poem, Moina Michael, a professor at the University of Georgia, wrote the poem, "We Shall Remember," and swore to wear a red poppy on the anniversary. The custom spread to Europe and the countries of the British Empire and Commonwealth within three years. Poppies were worn for the first time at the 1921 anniversary ceremony. While we wear artificial poppies nowadays, at first real poppies were worn. These poppies bloomed across some of the worst battlefields of Flanders in World War 1. Their brilliant red colour became a symbol for the blood spilled in the war.

The common Canadian tradition begins with the bugling of "The Last Post" followed immediately by a one or two minute silence at the 11th hour of the 11th day of the 11th month, again, as that marks the time (in the United Kingdom) when the armistice (a truce) became effective. Services also include wreaths laid to honour the fallen, a blessing, and national anthems.

The federal department of Veterans Affairs Canada states that the date is of "remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace". The department runs a program called 'Canada Remembers' with the mission of helping young and new Canadians, most of whom have never known war, "come to understand and appreciate what those who have served Canada in times of war, armed conflict and peace stand for and what they have sacrificed for their country."

Schools will usually hold special assemblies for the first half of the day, or on the school day prior, with various presentations concerning the remembrance of the war dead.

Lest we forget...



When leaves change color from green to yellow, bright orange, or red, you'll know that trees are beginning their long winter's rest.

Where do leaf colors come from?

Leaf color comes from pigments. Pigments are natural substances produced by leaf cells. The three pigments that color leaves are:

- 1) chlorophyll (green)
- 2) carotenoid (yellow, orange, and brown)
- 3) anthocyanin (red)

How do leaves change color?



As the Earth makes its 365-day journey around the sun, some parts of the planet will get fewer hours of

sunlight at certain times of the year. In those regions, the days become shorter and the nights get longer. The temperature slowly drops. Autumn comes, and then winter.

Trees respond to the decreasing amount of sunlight by producing less and less chlorophyll. Eventually, a tree stops producing chlorophyll. When that happens, the carotenoid already in the leaves can finally show through. The leaves become a bright rainbow of glowing yellows, sparkling oranges and warm browns. What about red leaves? Read on.

Do leaves change because of weather?

The temperature and cloud cover can make a big difference in a tree's red colors from year to year.

When a number of warm, sunny autumn days and cool but not freezing nights come one after the other, it's going to be a good year for reds. In the daytime, the leaves can produce lots of sugar, but the cool night temperatures prevent the sugar sap from flowing through the leaf veins and down into the branches and trunk. Anthocyanins to the rescue! Researchers have found out that anthocyanins are produced as a form of protection. They allow the plant to recover nutrients in the leaves before they fall off. This helps make sure that the tree will be ready for the next growing season. Anthocyanins give leaves their bright, brilliant shades of red, purple and crimson. The yellow, gold and orange colors created by carotenoid remain fairly constant from year to year. That's because carotenoids are always present in leaves and the amount does not change in response to weather.

The amount of rain in a year also affects autumn leaf color. A severe drought can delay the arrival of fall colors by a few weeks. A warm, wet period during fall will lower the intensity, or brightness, of autumn colors. A severe frost will kill the leaves, turning them brown and causing them to drop early. The best autumn colors come when there's been:

- 1) a warm, wet spring
- 2) a summer that's not too hot or dry, and
- 3) a fall with plenty of warm sunny days and cool nights.

<http://eekwi.org/veg/trees/treestruicolor.htm>

MARY TRAVERS



ou
MADAME
EDOUARD
BOLDUC
ou encore tout
simplement
LA BOLDUC.

Mary Travers est n e le 4 juin, 1894   Newport, Qu  d'une m re canadienne-fran aise et d'un p re irlandais, Lawrence Travers. A un tr s jeune  ge, elle apprit de son p re, habile instrumentiste, les instruments qui sont   la base du folklore qu becois et de la musique traditionnelle irlandaise : violon, accord on, piano, harmonica, cuillers et gimbarde.

A l' ge de 13 ans, elle arrive   Montr al pour aller vivre avec sa demi-s ur, Mary Ann Travers. Sans  ducation formelle, elle obtient de l'ouvrage dans des familles bien nanties   titre de m nag re. Le seul divertissement   cette  poque est   trouver dans des rencontres ou soir es canadiennes o  la musique traditionnelle est   l'honneur. C'est dans une de ces soir es o  elle rencontre Edouard Bolduc, ouvrier plombier qu'elle finit par marier. Cependant, le travail ne fournit souvent pas et la jeune famille vit dans la pauvret  alors que la crise  conomique pointe   l'horizon. La famille d m nage au Massachusetts pour am liorer sa fortune mais doit revenir presque aussit t, faute d'emploi. Madame Bolduc  crira plus tard dans une de ses chansons : « Y'a pas

d'ouvrage au Canada, y'en a bien moins dans les Etats... »

La fortune de Madame Bolduc commence   changer lorsqu'on lui demande   chanter dans des soir es canadiennes. De fil en aiguille, elle commence   composer ses propres chansons qu'elle finit par endisquer. Ses chansons, toujours comiques, traitent de la vie de l' poque, de personnages et de situations cocasses. Ses chansons toujours bien rythm es sont emballantes. Elle les accompagne au piano et   la musique   bouche doubl es de ce qu'on appelle le «turlutage».

Madame Bolduc conna t enfin le succ s et la richesse. Elle entreprend des tourn es en Ontario et aux Etats-Unis avec l' quipe de Jean Grimaldi. Un accident d'auto mit fin   sa carri re. Comme elle ne gu rissait pas de ses blessures, on en d couvrit la cause : cancer. Elle s' teignit le 2 f vrier 1941 apr s une courte carri re de 10 ans.

Cette chanteuse est une institution qu becoise que les Qu becois  voquent en l'appelant « La Bolduc ».



RIONS...RIONS...RIONS



PROPOS ECHANGÉS
DANS UNE COURS
(supposément vrais)

AVOCAT : N'est-ce pas vrai, docteur, qu'une personne qui décède la nuit ne s'en rend compte que le matin ?

DOCTEUR : Avez-vous vraiment passé vos examens à la barre ?

AVOCAT : Dites-moi, madame, êtes-vous sexuellement active ?

TEMOIN : Non. Je me laisse faire.



CHARADES

A) Mon premier est le contraire de « dessus ».

- Mon second veut dire « arriver ».
- Mon tout est ce dont on se rappelle.

B) Mon premier est une préposition d'une lettre avec accent aigu.

- Mon second est un espace éclairci dans un bois où poussent des fleurs.
- Mon troisième est une préposition de deux lettres pouvant indiquer la matière dont est fait quelque chose.
- Mon quatrième peut remplacer le verbe dans l'exemple suivant : « Nous coupons du bois ».
- Mon tout veut parfois dire « inquiétude ».

QUIZ!

QUIZ/ CHANTEURS/CHANTEUSES D'AUTREFOIS

A l'aide des titres donnés ci-dessous, trouve le/la chanteur/euse

- a) Je reviens chez nous
- b) Moi, mes souliers
- c) Le moustique
- d) La bohème
- e) La vie en rose
- f) Un peu plus loin, un peu plus haut
- g) Frédéric
- h) Je veux toute toute toute la vivre ma vie
- i) Ne laisse pas passer la chance d'être aimé
- j) L'important, c'est la rose.

EXPRESSIONS IDIOMATIQUES (ANIMAUX)

Que veulent-elles dire ?

- a) mettre la charrue devant les bœufs
- b) un bouc émissaire
- c) cheval de bataille
- d) passer du coq à l'âne
- e) mettre la puce à l'oreille
- f) une langue de vipère

Qu'est-ce qui est aussi grand que l'Arc de Triomphe et qui ne pèse rien ?
- Son ombre.

PRIERE POUR LES DEFUNTS
(TRADITION BYZANTINE)



Dieu des esprits et de toute chair,
Qui a foulé au pied la mort, qui a réduit
Le diable à néant
Et qui a donné le vie au monde,

donne toi-même, Seigneur, à l'âme de tes serviteurs
défunts le repos dans un lieu lumineux, verdoyant et frais,
loin de la souffrance, de la douleur et des gémissements.

Que le Dieu bon et miséricordieux leur pardonne
tous leurs péchés

commis en parole, par action et en pensée

Parce qu'il n'existe pas d'homme qui vive et qui ne pêche pas;

Toi seul est sans péché, ta justice est justice pour
les siècles et ta parole est vérité

O Christ notre Dieu, puisque tu es la Résurrection,
la vie et le repos de tes serviteurs défunts,

nous te rendons grâce avec ton Père incréé et
avec ton Esprit saint,

bon et vivifiant, aujourd'hui et pour
les siècles des siècles. Amen.

Qu'ils reposent en paix, Amen.

Church Services for November

Liturgy of the Word with Communion
Every Saturday at 10:00 am

Protestant Services for November
1st, 2nd and 3rd Thursday at 11:00 am

November 2	Anglican
November 9	Pentecostal
November 16	Anglican
November 23	Salvation Army
November 30	Hymn Sing

*In
Loving
Memory*



Remembering Our Residents

Rosairio Desnoyers
Reggie Lalonde

WE DO REMEMBER

Each November comes Remembrance
Day,
It's to commemorate those whose lives did
pay.

We solemnly lay plenty of memorial
wreaths,
And say thanks to those who lay asleep
underneath.

The poppy is the flower-pin that a lot of us
wear,

We want to show that we truly do care.

The flower is red, representing one's
blood,

The centre is black, like the trenches dirt
and mud.

We remember those who fought for us so
many years ago,

There were many men and women that
we didn't even know.

They all had to fight under difficult
conditions,

Many lied about their age, in order to go

to battle with permission.

Several service-people are buried in
Flanders Fields,

Where they had their young life and
future life sealed.

The crosses stand straight, and represent

—

All the people who overseas went.

They defended us on the ground, in the
air, and sea,

Many of them died, so we would be alive
and free.

The wars still linger and go on,
Soldiers will fight for us, even when
we're gone.

So support our troops as they strive for
peace,

'Cause we want all battles of strife to
cease.

We need our combatants to come safely
home,

And no one will ever be left alone.

Written by GSDL Volunteer, Nancy Pilgrim

Legend for location of activities

Pub = Village Pub on ground floor

TR = Rotary Tea Room on ground floor

(2) = on second floor

(3) = on third floor

(4) = on fourth floor

(Dundas) = 2nd floor Ladies

(Cornwall) = 2nd floor Mens

November 2017

<p>Production of The Lodger is made possible by our advertisers and sponsors:</p> <p><i>Classic Care Pharmacy</i></p> <p><i>Marleau Bros. Limited Insurance Brokers</i></p> <p><i>Wilson Funeral Home</i></p> <p><i>Roy Florist</i></p> <p><i>Molly Maid</i></p> <p><i>McArthur Bros. and MacNeil Funeral Home</i></p> <p><i>Angel Printing</i></p> <p><i>Matt Jans Marketing</i></p> <p><i>Thank you</i></p>	<p>Sunday 5</p> <p>09:45 Tea Social (3)</p> <p>10:45 Super Quiz (Dundas)</p> <p>01:30 MAP-Sandbags (4)</p> <p>03:00 Paper Shredding (Cornwall)</p>	<p>Monday 6</p> <p>10:00 Morning Social (4)</p> <p>10:00 MAP – Balloon Tennis (3)</p> <p>10:00 Frisbee Toss (Cornwall)</p> <p>11:20 3rd Floor Lunch Bunch</p> <p>02:30 Bingo (TR)</p>	<p>Tuesday 7</p> <p>10:00 Tea & Trivia (Dundas)</p> <p>10:00 MAP- Sandbags (3)</p> <p>10:15 Fun & Fitness (4)</p> <p>11:45 4th Floor Bistro (TR)</p> <p>02:00 Country Drive (Cornwall)</p> <p>02:00 Singalong (Dundas)</p> <p>02:00 Social Circle (3)</p> <p>02:00 Beautiful You (4)</p> <p>04:00 Roll & Stroll (3)</p> <p>06:30 Knette Bingo (TR)</p>
	<p>Sunday 12</p> <p>09:45 Tea Social (3)</p> <p>10:45 Super Quiz (Dundas)</p> <p>01:30 Wheel of Fortune (4)</p> <p>03:00 Roll & Stroll (Cornwall)</p>	<p>Monday 13</p> <p>10:00 Morning Social (4)</p> <p>10:00 MAP – Balloon Tennis (3)</p> <p>10:00 Shuffle Board (Cornwall)</p> <p>02:30 Balloon Tennis (4)</p> <p>02:30 News and Views (Cornwall)</p>	<p>Tuesday 14</p> <p>10:00 MAP-Sandbags (3)</p> <p>02:00 Fun & Fitness (4)</p> <p>02:00 Social Circle (3)</p> <p>02:00 Balloon Tennis (Cornwall)</p> <p>02:00 House & Home (Dundas)</p> <p>04:00 Sensory Magic (3)</p> <p>06:30 Evening Pub with Johnny M (TR)</p>
	<p>Sunday 19</p> <p>09:45 Tea Social (3)</p> <p>10:45 Super Quiz (Dundas)</p> <p>01:30 MAP-Sandbags (4)</p> <p>03:00 Paper Shredding (Cornwall)</p>	<p>Monday 20</p> <p>10:00 Morning Social (4)</p> <p>10:00 MAP – Balloon Tennis (3)</p> <p>10:00 Frisbee Toss (Cornwall)</p> <p>11:20 2nd Floor Lunch Bunch</p> <p>02:30 Beanbag Bowling (4)</p> <p>02:30 News and Views (Cornwall)</p>	<p>Tuesday 21</p> <p>10:00 MAP- Sandbags (3)</p> <p>10:15 Fun & Fitness (4)</p> <p>10:30 RS Executive Meeting (4)</p> <p>11:45 Dundas Bistro (TR)</p> <p>02:00 Mini-Putting (Cornwall)</p> <p>02:00 Tea & Trivia (Dundas)</p> <p>02:00 Baking (3/4)</p> <p>04:00 Roll & Stroll (3)</p> <p>06:00 House & Home (Dundas)</p>
	<p>Sunday 26</p> <p>09:45 Tea Social (3)</p> <p>10:45 Super Quiz (Dundas)</p> <p>01:30 Wheel of Fortune (4)</p> <p>03:00 Roll & Stroll (Cornwall)</p>	<p>Monday 27</p> <p>10:00 Morning Social (4)</p> <p>10:00 MAP – Balloon Tennis (3)</p> <p>10:00 Shuffleboard (Cornwall)</p> <p>11:45 4th Floor Lunch Bunch</p> <p>02:30 News & Views (Cornwall)</p> <p>02:30 Balloon Tennis (4)</p>	<p>Tuesday 28</p> <p>10:30 Resident Council Meeting (Chapel)</p> <p>11:45 4th Floor Bistro (4)</p> <p>01:30 Tea Room & Chapel Christmas Tree Decorating</p> <p>04:00 Sensory Magic (3)</p> <p>06:00 House & Home (Dundas)</p>

Wednesday 1	Thursday 2	Friday 3	Saturday 4
10:00 Millionaires Club (4) 10:00 Balloon Tennis(Cornwall) 10:00 MAP- Sandbags (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 01:30 Alzheimer's Education Session (Tea Room) 02:00 Book Club (4) 02:00 Country Drive (Dundas) 02:00 Yahtzee (Cornwall) 02:00 Fireside Social (3) 04:00 Sensory Magic (Dundas)	10:00 Care Conferences 11:00 Church Service: Pentecostal (Chapel) 11:45 3rd Fl. Bistro (TR) 02:00 Mini Putting (Corn wall) 02:00 Tea & Trivia (Dundas) 02:00 Social Cicle (3) 02:00 Darts (4) 04:00 Sensory Magic (3) 06:00 MAP-Sandbags (Dundas)	08:00 3rd Group 3 Breakfast (TR) 10:00 MAP-Sandbags (Cornwall) 10:30 Wheel of Fortune (4) 10:30 Singalong 2&3 (Chapel) 02:00 Bingo (TR) 04:00 Sensory Magic (Cornwall)	10:00 Liturgy of the Word (Chapel) 01:30 Singalong (Dundas) 0 2:45 TV Classics (Cornwall)
Wednesday 8	Thursday 9	Friday 10	Saturday 11
10:00 Millionaires Club (4) 10:00 Beanbag Bowling (Cornwall) 10:15 Tea & Trivia (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Remembrance Day Ceremony (Chapel) 04:00 Sensory Magic (Dundas)	10:00 Care Conferences 11:00 Church Service: Pentecostal (Chapel) 11:45 3rd Fl. Bistro (TR) 02:00 Residents Services Staff Meeting 04:00 Sensory Magic (3) 06:00 MAP-Sandbags (Dundas)	08:00 Cornwall Breakfast (TR) 10:00 MAP - Sandbags (4) 10:00 MAP-Sandbags (Cornwall) 10:30 Singalong 2&3 (Chapel) 02:00 Darts (Pub) 02:00 TV Classics (3) 02:00 Afternoon Trivia (4) 04:00 Sports Club (Cornwall)	10:00 Liturgy of the Word (Chapel) 01:30 Balloon Tennis (Dundas) 02:45 TV Classics (Cornwall) 
Wednesday 15	Thursday 16	Friday 17	Saturday 18
10:00 Millionaires Club (4) 10:30 Nativity Bowling 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 04:00 Walk & Roll (Dundas)	10:00 Care Conferences 11:00 Church Service: Salvation Army (Chapel) 11:45 3rd Fl. Bistro (TR) 02:00 Darts (Pub) 02:00 Tea & Trivia (Dundas) 02:00 Crossword Mania (4) 04:00 Walk & Roll (3) 06:00 MAP-Sandbags (Dundas)	08:00 Dundas Breakfast (TR) 10:00 Wheel of Fortune (4) 10:00 MAP-Sandbags (Cornwall) 10:30 Singalong 2&3 (Chapel) 02:00 Entertainment with Ed & Marie (TR) 04:00 Sensory Magic (Cornwall)	10 :00 Liturgy of the Word (Chapel) 01:30 Reading Club (Dundas) 02:45 TV Classics (Cornwall)
Wednesday 22	Thursday 23	Friday 24	Saturday 25
10:00 Millionaires Club (4) 10:00 Balloon Tennis(Cornwall) 10:15 Tea & Trivia (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 04:00 Sensory Magic (Dundas)	10:00 Care Conferences 11:00 Church Service: Anglican (Chapel) 11:45 3rd Fl. Bistro (TR) 02:00 Birthday Party with Len Golfarb (TR) 04:00 Sensory Magic (3) 06:00 MAP-Sandbags (Dundas)	08:00 St.Lawrence Breakfast (TR) 10:00 MAP-Sandbags (Cornwall) 10:00 MAP-Sandbags (4) 10:30 Singalong 2&3 (Chapel) 02:00 Darts (Pub) 02:00 Pet Visits (2,3,4) 02:00 Card Club (4) 04:00 Sports Club (Cornwall)	10:00 Liturgy of the Word (Chapel) 01:30 Singalong (Dundas) 02:45 TV Classics (Cornwall)
Wednesday 29	Thursday 30		
10:00 Millionaires Club (4) 10:00 Beanbag Bowling (Cornwall) 10:15 MAP – Sandbags (3) 10:30 Get Fit (2) 11:15 Chapelet (Chapel) 02:00 Bingo (TR) 04:00 Walk & Roll (Dundas)	10:00 Care Conferences 11:00 Hymn Sing (Chapel) 11:45 3rd Fl. Bistro (TR) 02:00 Food & Nutrition Meeting (Chapel) 02:00 Tea & Trivia (3) 02:00 You be the Judge (Cornwall) 04:00 Walk & Roll (3) 06:00 MAP-Sandbags (Dundas)	<div style="text-align: center;">  MOLLY MAID® Dependable Cleaning from the Professionals you can Trust For all your cleaning needs call: 613-938-3591 www.mollymaid.ca </div>	

November Birthdays

The clients would like to wish their Day Away friends a very Happy Birthday and enjoy your special day.

Jeannine Duffy	November 15th
Shirley Lafleche	November 22nd
Jennie MacDonald	November 26th

Day Away staff would like to remind each of you to take a moment on Remembrance Day and reflect upon the many sacrifices our military has given so that we may enjoy the precious freedom that we have.



The Green Field of France

By: Eric Bogle

Oh how do you do, young Willie McBride
Do you mind if I sit here by your graveside
And rest for a while in the warm summer
sun

I've been walking all day, and I'm nearly
done

And I see by your gravestone you were
only nineteen

When you joined the great fallen in 1916
Well I hope you died quick
And I hope you died clean

Or Willy McBride, was it slow and
obscene.

And did you leave a wife or sweetheart
behind

In some loyal heart is your memory
enshrined

And though you died back in 1916
To that loyal heart you are forever
nineteen

Or are you are stranger without even a
name

Forever enshrined behind some old glass
pane

In an old photograph torn, tattered, and
stained

And faded to yellow in a brown leather
frame.

The sun shining down on the green fields
of France

The warm wind blows gently and the red
poppies dance

The trenches have vanished long under the
plow

No gas, no barbed wire, no guns firing now
But here in this graveyard that's still no
mans land

The countless white crosses in mute
witness stand

To mans blind indifference to his fellow
man

And a whole generation that were
butchered and damned

A Tip of the Hat to Volunteer Joan Forgie



Supervisor of Outreach Services, Anna-Marie Donihee, volunteer Joan Forgie and Meals on Wheels Coordinator, Andree-Anne Morin

Joan has worn many hats in the Meals on Wheels organization over the years. When I was hired, she was not only a member of the Meals on Wheels Board of Directors, she was also the Route Coordinator for Route 6. Before 1999, the management of volunteers was the responsibility of Route Coordinators. There was a coordinator for each of the 7 routes and all of the coordinators were volunteers.

When I was hired as the Volunteer Coordinator, I took on the responsibilities of all 7 original Route Coordinators. I discovered quickly that this was not going to be an easy task and that I had large shoes to fill. Joan, however, was always there to help me along the way. You were so kind to me and always willing to answer my questions and offer guidance. I remember the first year was quite the challenge but you were always willing to help me. Joan stayed on as a volunteer driver and also as a spare. She has always been eager to help out when she could.

After Joan gave up the Route Coordinator task, she accepted the Treasurer role on the

Advisory committee. She was so good in the position that she graciously accepted to renew her term several times.... Joan you did a tremendous job as treasurer of this committee and we are so grateful for your work, your time and your dedication. The treasurer position witnessed many changes over the years. As the United Way budget grew and the involvement with the City's finance department became more involved you were not deterred and you remained dedicated and committed. I'm sure you will not miss writing all those mileage cheques....lol

Joan, you are an amazing volunteer. And not only for Meals on Wheels.... Joan has volunteered for many other organizations and causes. Over the years, when she was not helping the Meals on Wheels program, she could be found helping at her church and at the seniors clubs, whether it was on a committee or working hard in the kitchen.

Joan, you are truly one of a kind. The Meals on Wheels program has been very, very lucky to have had such an outstanding and dedicated volunteer. It is because of the work of volunteers like yourself that Meals on Wheels has been successful and has continued to grow.

On behalf of the staff, volunteers, clients, the advisory committee and the Glen Stor Dun Lodge we wish to thank you for your time and dedication. We will be forever grateful for all that you have done and you will be very much missed by all.

Andrée-Anne Morin - MoW's Coordinator



November 2017

<i>Sylvio Gareau</i>	<i>November 04, 1935</i>	<i>John Cameron</i>	<i>November 15, 1946</i>
<i>Daniel Vreedenberg</i>	<i>November 04, 1928</i>	<i>Ross Goldie</i>	<i>November 17, 1924</i>
<i>Shirley Wells</i>	<i>November 04, 1933</i>	<i>Lauretta Lascelle</i>	<i>November 22, 1924</i>
<i>Alvine Fishwick</i>	<i>November 05, 1930</i>	<i>Arthur Bissonnette</i>	<i>November 26, 1926</i>
<i>Donalda Lafave</i>	<i>November 05, 1928</i>	<i>Garrett Quail</i>	<i>November 29, 1954</i>
<i>John Wright</i>	<i>November 08, 1926</i>	<i>Leonard Godard</i>	<i>November 30, 1921</i>
<i>Roger Varin</i>	<i>November 09, 1927</i>	<i>Gladys Price</i>	<i>November 30, 1923</i>
<i>Garry McCutcheon</i>	<i>November 13, 1946</i>		

Happy Anniversary

There are no Wedding Anniversary this month

*The November birthday party is sponsored by
St. John's Presbyterian Church.*

*It will be held on Thursday November 23rd, 2017.
at 2:00 pm in the Tea Room.*

Entertainment provided by Len Goldfarb.

Since 1951



FLEURISTE
ROY
FLORIST
LIMITED

Local Deliveries Daily
Livraisons locales au quotidien

727 First Street East
Cornwall, Ontario
K6H 1M3

www.facebook.com/roysflorist Tel: (613) 933-2214
www.royflorist.com Toll Free: (800) 565-4759

*Special thanks to
Roy Florist
for their generous gifts
of corsages and boutonnieres
delivered to our residents
on their birthdays and
anniversaries*

November



SOCIAL ENTERTAINMENT

- November 14 Evening Pub with Johnny M
- November 17 Entertainment with Ed & Marie
- November 23 Birthday Party with Len

FUN & GAMES

- November 7 Kinetite Bingo
- November 21 Baking

OUTINGS

- November 6 3rd Fl. Lunch Bunch
- November 15 Nativity Bowling
- November 20 2nd Fl. Lunch Bunch
- November 27 4th Fl. Lunch Bunch

OTHER

- November 1 Alzheimer's Education
- November 8 Remembrance Day Ceremony
- November 28 Residents Council Mtg.
- November 28 Tree Decorating
Tea Room & Chapel
- November 30 Food & Nutrition Mtg



Life is like a camera. Just focus on what's important, capture the good times, develop from the negatives, and if things don't turn out – take another shot.

**PLEASE READ:
IMPORTANT
MESSAGE**

When visiting at the Lodge in case of an emergency and you are in need of assistance, you should

- 1) pull the call bell system
- 2) in case of fire, pull a fire pull station

If you are unsure of the location of these devices, please ask and we will be happy to show them to you.

REMEMBRANCE DAY SERVICE

*Wednesday November 8th, 2017
2:00 pm in the Chapel*

Members of the Royal Canadian Legion Branch 297 will be here to honour the day with our residents. All are welcome.



SAVE THE DATE

Resident & Family Christmas Meal
Saturday December 16th, 2017

Two seatings
11:30 am & 1:30 pm
Stay tuned for more information.

(Continued from page 18, October 2017 Lodger)

With the passing of time, many old phrases become obsolete or even disappear. This is unfortunate because some of them are very appropriate and humorous.

HOW many of these do you know??

Here is a list of some of those memorable old phrases:

26. Pretty is as pretty does (your actions are more important than your looks)
27. Red up (clean the house)
28. Scalawag (a rascal or unprincipled person)
29. Scarce as hen's teeth (something difficult to obtain)
30. Skedaddle (Get out of here quickly)
31. Sparking (courting)
32. Straight From the Horse's Mouth (privileged information from the one concerned)
33. Stringing around, gallivanting around, or piddling (Not doing anything of value)
34. Sunday go to meetin' dress (The best dress you had)
35. We wash up real fine (getting as cleaned up as possible ... bath, shave, hair done, maybe even lotion)
36. Tie the Knot (to get married)
37. Too many irons in the fire (to be involved in too many things)
38. Tuckered out (tired and all worn out)
39. Under the weather (not feeling well - this term came from going below deck

on ships due to sea sickness, thus you go below or under the weather)

40. Wearing your 'best bib and tucker' (Being all dressed up in your best clothes)
41. You ain't the only duck in the pond (It's not all about you)

Well, if you hold your horses, I reckon I'll get this whole kit and caboodle done and sent off to you. Please don't be too persnickety and get a bee in your bonnet because I've been pretty tuckered out and at sea lately because I'm no spring chicken. I haven't been just stringin' around and I know I'm not the only duck in the pond, but I do have too many irons in the fire. I might just be barking at a knot, but I have tried to give this article more than just a lick and a promise.

Pictured below are Cindy Giroux, Doreen Lavigne and Beryl Gwanyama celebrating Beryl's birthday on the night shift.



Glen Stor Dun Lodge
 Council of Family & Friends
 Your Council Executives 2017



Henry Kyte ~ Chair
 3rd Floor Representative
 613-932-8806

Special Care Representatives
 Carol Paschek
 613-931-9963

3rd Floor Representative
 Bernie Thauvette
 613-936-6768

4th Floor Representatives
 Margaret Gordon
 613-938-7678

Denise Symington
 613-932-8125

Dave Malcolm - Member
 613-360-5729

Glen Stor Dun Lodge
 Committee of Management,
 Elaine MacDonald, Chair
 Councillor
 (613) 938-7763

Leslie O'Shaughnessy, Mayor
 (613) 937-3130

Claude E. McIntosh, Councillor
 (613) 937-3906

Dennis Fife,
 Mayor North Stormont
 (613) 984-2291

Frank Prevost,
 Deputy Mayor of South Glengarry
 (613) 938-8100

Executives Members
 of the
 Glen Stor Dun Lodge
 Resident Council
 2016-2017

Patricia Irwin, Chair

*Residents and staff would like
 to welcome the following
 New Comers*

*Claudette Ladouceur
 Anh Luong*

Our family volunteers serve as advocates for our residents. They also aim at enhancing quality of life for all who live and work at the Lodge. Please feel free to pick up a pamphlet at the reception desk to find out how to contribute to their cause or make contact with the members.

Art Expressions presents

Margaret Szlachcinska

November 1 to 30, 2017

613-528-4701

margoy2k@xplornet.ca



I was born and grew up in Poland. I graduated from University of Rzeszow (Poland) with a Master's Degree in Education and worked for several years as a teacher before emigrating to Canada. In Canada I took studio courses at Emily Carr College of Art and Design and art courses at the University of Western Ontario. I graduated from University of Western Ontario with Visual Art Specialist in Teaching. I worked as an art teacher for over a decade in Eastern Ontario and decided to take early retirement in order to paint full time.

As long as I can remember, I've always loved to draw, paint, play with colors and make art. I am always experimenting with different styles and techniques. I try to learn something new every day. My fascination with colour and light is reflected in my work. I also try to convey mood and feeling, not just to replicate a scene. I have been painting for over 30 years. My favourite

medium are oils, pastels and acrylics. I love painting flowers, landscapes, pet portraits, interiors and exteriors of interesting buildings. I like using bright colours and happy subjects. I am continually experimenting with ideas. In my art I am not trying to convey any political statements, I just want to capture the beauty of the world around me.

I hope that my paintings will bring you the same joy that I have had in creating them.



REPOSES

CHARADES

- A) souvenir (sous-venir)
B) appréhension (à-pré-en-scions)

QUIZ

CHANTEURS/CHANTEUSES

D'AUTREFOIS

- a) Jean-Pierre Ferland
b) Felix Leclerc
c) Joe Dassin
d) Charles Aznavour
e) Edith Piaf
f) Ginette Reno ou Jean-Pierre Ferland
g) Claude Léveillée
h) Angèle Arsenault
i) Patrick Normand
j) Gilbert Bécaud

EXPRESSIONS IDIOMATIQUES
(ANIMAUX)

- a) sauter des étapes
b) personne qui est toujours blâmée pour les torts des autres
c) argument, thème, ou sujet préféré
d) passer d'un sujet à un autre
e) rendre quelqu'un méfiant, averti
f) mauvaise langue, personne médisante

Answer to:

Mini Crossword
Page 24

R	A	S	H
I	S	L	E
N	E	A	R
G	A	M	E

Sadie Hawkins Day!



November 3rd

Sadie Hawkins
Day

The woman asking the man to a dance? Apparently it was quite novel back in the late 1930s, when Sadie Hawkins Day first appeared in the popular comic strip 'Lil Abner'. Worried that his homely daughter Sadie might never find a beau, Hekzebiah Hawkins organized a race in which his daughter would chase all the unmarried men in town to the finish line. If she caught one, he was legally obligated to wed her. The holiday became an annual event in the comic strip, and evolved into a real life event as well—with more dancing and less capturing.

November 7th
International

Tongue Twister Day



A tongue twister is a sequence of words or sounds, typically of an alliterative kind, that are difficult to pronounce quickly and correctly, as, for example, tie twine to three tree twigs.

According to the Guinness Book of World Records, the most difficult tongue twister to say is:

"The sixth sick sheikh's sixth sheep's sick."

RIDDLES

Q: If there are three apples and you took away two, how many do YOU have?

A: Two, because YOU took two.

Q: There is a bush, a pine tree and an oak tree and it is the fall season. If the wind is blowing towards the west, which way do the leaves on the pine tree fall?

A: A pine tree doesn't have leaves.

Q: You're a bus driver on a fall leaf tour. At the first stop 4 people get on. At the second stop 8 people get on, at the third stop 2 people get off and, at the fourth stop everyone got off. The question is what color are the bus driver's eyes?

A: The same as yours, you're the bus driver.



"All our summer shade is falling down!"

A Woman Shoots Her Husband For Stepping On The Clean Floor...

A police officer jumps into his squad car and calls the station.

"I have an interesting case here," he says.

"A woman shot her husband for stepping on the floor she just mopped."

"Have you arrested her?" asks the sergeant.

"No, not yet. The floor's still wet."



'You Cant Teach an Old Dog to Fly

A woman called our airline customer-service desk asking if she could take her dog on board.

"Sure," I said, "as long as you provide your own kennel." I further explained that the kennel needed to be large enough for the dog to stand up, sit down, turn around, and roll over. The customer was flummoxed: ? "I'll never be able to teach him all of that by tomorrow!"

Calling all Comedians...

Got a funny joke, please submit to Tracey Delage in Resident Services.

If The Crown Fits Wear It!



Another month has come and gone here at the Glen Stor Dun Lodge and that means it is time to crown this month's sandbag champions.

On the men's side we saw a new face emerge on the leader board as we welcome Ervin Clement to the mix. Ervin had a very impressive game of 3020 in the month of October and that was good enough for a solid third place finish. The gentleman who finished second is well known around the sandbag scene. Yvon Desrosiers, better known as Toby, racked up a sweet score of 3110 in a game to capture the silver medal this month. They say if the crown fits wear it and that is exactly what Willy Tessier is doing finishing as the top point getter on the men's side again this month. Willy shot for a whopping game of 4850! That is also a new GSDL record score...Congratulations Willy!

The women's side saw a similar fate with new leaders coming out of the wood work as Yvonne Paradis passed her tiara on to a new champion but has still managed to stay in the top three. Lauretta Lascelle was throwing fire this month shooting for a game high 2800 to finish third amongst the women this month. Yvonne Paradis was in the running again this month posting a 3010 game and that was good enough for a second place finish. The Queen of sandbags this month is Juliette Periard who mustarded up a fantastic score of 4070 in a single game.

New Game In Town

Phyllis Dickson is the first ever winner of the GSDL version of The Price Is Right with 10 correct items guessed. Watch the show and read your flyers to be ready for this new game.

Cleaning Up The Lanes



The Glen Stor Dun Lodge went on their first bowling trip of the year in October. Eight bowlers participated in this season's inaugural game and everyone did very well. One bowler in particular blew his competition out of the water. Garrett Quail rocked a sweet score of 184 to finish first at the end of the day. He was followed closely by Lucie Menard who bowled for a score of 161, Shirley Wells who threw a 151, Heather Taylor and Lillian Bjergso with a score of 140, Phyllis Dickson and Wayne McIntosh who scored 125, and Willie Tessier with 74.

NHL Update

We are now a month into the NHL regular season and some hockey fans are jumping for joy and others covering their faces with paper bags. The Toronto Maple Leafs are red hot leading the league in goals for and have a 6-1 record leaving their fans rejoicing after a long drought of disappointing seasons. The Montreal Canadiens on the other hand are almost dead last in the league in all categories and have a 1-5 record and are making it very difficult to watch any games. The other Canadian teams are sitting in the middle of the standings.

SEARCH-A-WORD

HOW TO PLAY:

The words in the puzzle can be found either horizontally, diagonally, or even backward. Find them and CIRCLE THEM.

Sample word:
MUTTON

- | | |
|-------|--------|
| BAKE | PORK |
| BEEF | RIBS |
| COOK | RUBS |
| CURE | SALT |
| DINE | SAUCE |
| FRESH | SPICE |
| HOOK | STEAK |
| KNIFE | STOVE |
| PACK | TENDER |

T	S	C	R	A	P	E	R	B	H	S	E	R	F	W
E	E	I	E	T	F	V	A	C	P	O	C	U	R	E
K	B	K	F	N	E	K	C	I	H	C	O	E	O	I
S	D	R	R	N	E	M	C	K	D	O	D	K	Z	G
I	E	A	I	A	B	E	P	A	O	N	P	I	E	H
R	K	S	G	N	M	S	S	E	E	O	U	S	N	E
B	O	G	E	I	E	R	S	T	R	F	C	O	R	E
N	M	P	R	D	N	R	E	S	S	A	I	O	P	K
M	S	O	A	I	E	G	N	P	A	A	T	N	M	O
T	E	R	T	C	N	S	O	S	U	S	O	U	K	S
S	G	K	I	N	H	D	B	C	C	S	T	R	R	H
A	K	L	O	A	T	U	E	O	E	T	C	O	A	E
E	S	C	N	T	R	L	A	R	O	M	A	A	V	R
R	A	K	A	S	E	T	A	N	I	R	A	M	L	E
B	Y	A	L	P	S	I	D	S	A	M	P	L	E	E

Mini Crossword

Horizontal:

1. Skin spots
2. ... of Wright
3. Close by
4. Contest

Vertical:

1. Bell sound
2. Gone sailing
3. Shut loudly
4. Not there

1	2	3	4
2		L	
3			
4	G		

Answers on page 21



In hopes and consideration of future Alzheimer and related Dementia Research, the Nanji family invites you to explore donor options.

The Alzheimer Society Research Program (ASRP) is a collaborative initiative of the provincial Alzheimer Societies, the Alzheimer Society of Canada, partners, and the valuable donors who support research directed at both eradicating dementia and improving the lives of those affected by it.

The ASRP targets two types of research:

1. Biomedical: Focusing on the science of the brain and the changes that are associated with dementia and identifying therapeutic targets to reverse, stop or cure the disease
2. Quality of Life (QoL): Exploring issues that impact the lives of people with dementia and their caregivers, including risk factors, behavioural and cognitive changes, physical support, caregiving and health service delivery

for full details and how to be a donor
visit the website below

www.alzheimer.ca

Angel Printing...your source for all!



angel
imprimerie
printing

printing
Single to Full Colour Process

graphic design

bindery

368 Balmoral Ave. Cornwall, ON K6H 6K1
t. 613.938.8082 info@angelprinting.ca
f. 613.933.0304 www.angelprinting.ca



MARKETING SERVICES

To advertise in the Lodger
call or email Matt Jans at:

Ph: 613-543-1981 - Email: mjans@sympatico.ca

McArthur Bros. & MacNeil
FUNERAL HOME & CHAPEL
Serving Cornwall & Area Since 1853




Bonnie Parker

"Dedicated to Service, Committed to Excellence"

Cornwall 613-932-6300
Morrisburg 613-543-2271

•Traditional, Memorial and Cremation Services
•Legacy and Pre-Planning
•Monument Sales
•Video Tributes
•Grief Support
•Pet and Service Animal Grief Loss Support

www.mcarthurbrosfh.com www.parkerofmorrisburg.com



Departmental Supervisors
Have questions? Comments?
We are just a phone call away
613-933-3384

Administration	Ext. 4223
Nursing	Ext. 4222
Nutrition Care	Ext. 4228
Program and Support Services (Activities, therapy, spiritual care, volunteer, hairdressing, Lodger)	Ext. 4243
Support Services (Housekeeping, laundry, maintenance)	Ext. 4229
Staff Development / Health & Safety Infection Prevention Control Officer	Ext. 4235
Outreach Services	Ext. 4234

**Read the Lodger
online in colour**

www.glenstordunlodge.ca



*Thank you to the Residents, Families and Staff of Glen Stor Dun Lodge
for partnering with Classic Care Ottawa for Pharmacy services.*



**We are proud to have
been a part of your
Home since 2009!**



1.866.747.2067 www.classiccare.ca