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# Community Connection

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August 2010



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Community Nursing Home \* 92 Centre St. \* 613-525-2022 \* 613-5252023

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## Celebrating August

Welcome from the  
Administrator

Honouring our Centenarians

Living Dreams

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Poetry Corner

A large, vibrant sunflower with a dark brown center and bright yellow petals, set against a white background. The sunflower is positioned on the left side of the page, partially overlapping the text boxes.

### FROM THE DESK OF THE ADMINISTRATOR

It's been a great summer so far and many are enjoying the warm weather. Already August is upon us and the Ottawa Super "EX" is gearing up. This year will be the last time Super EX will be held at Lansdowne Park. Another era! This may be a great time to share some stories about Super EX with your Grand children. Who knows they may even go see for themselves. August 19<sup>th</sup> to 29<sup>th</sup>.

**Canada Day.** The Palace Retirement Residence displayed "United we Stand" in the annual July 1st parade. Celebrating our veterans was well received by the many spectators. Job well done!!!

**Thank You** to all the residents and families for their support as a result of the staff cutbacks. It is most appreciated.

On July 1st the **new Long Term Care Homes Act** comes into effect. This is a new piece of legislation that will now govern how we do business. The team is currently putting together a plan on the changes needed to meet the requirements under this new act. We thank all of you for your continuous support and patience.

At the August 9<sup>th</sup> Resident Council meeting the new **Resident's Bill of Rights** was reviewed with the residents. For your convenience the documents have been posted in both official languages in the front lobby. So you know we are making arrangements to receive enlarged copies. If you missed the resident council meeting or would like copies of the updated Rights in English or in French they are available at the front desk from Anne Marie or Suzanne.

**Email Addresses:** We are continuing to receive email addresses. This of course is to increase our communication and efficiency with our families. If you haven't already, please forward it to Carol MacDonald at [cmacdonald@clmi.ca](mailto:cmacdonald@clmi.ca) or just drop it off at the office.

Wishing you a great close to a wonderful summer.

Terry A Dubé,

Your Administrator

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## *Honouring our Centenarians*

*~Elizabeth (a.k.a. Bessie) Clingon*

Bessie was born to James Arthur Marjarrison and Emma MacNeil in Roxborough township in Stormont concession 3 east half of lot #19. James Marjarrison had bought the MacNeil family farm to settle down on. I enjoyed a wonderful childhood on this farm. I married Otto Clingon and lived in an apartment above his parents. I worked at the Apple Hill saw mill belonging to the Clingon family. I had two wonderful boys; Kenneth and John. My first born Kenneth passed away at a very young age, only twenty. This was one of the hardest times to get over in my whole life. Thanks to a very dear friend Janice and my son John I eventually got back to my old self. I also worked as a social worker later in my life.

*Q: If you could come back in another life who or what would you come back as?*

A: Myself or someone who thinks like me.

*Q: What are your most treasured possessions?*

A: My family and my friends who go back over eighty years and they still come to visit!

*Q: What event in your life affected you the most?*

A: Going out to work and being independent.

*Q: What type of records would be playing on your stereo?*

A: Classical, possibly Andrea Bocelli's Verdi with Zubin Mehta directing.

*Q: What is your greatest regret?*

A: Never had any!

*Q: What was an indulgence for you?*

A: Traveling to England, Germany, Ireland, and Scotland and going to the NAC in Ottawa as many times as I could.

*Q: Who is the person you most admire?*

A: Queen Elizabeth II because she is such a strong woman.

*Q: What would you say your best qualities are?*

A: Peace making and peace keeping. Helping others to make good decisions. Being a good listener.

*Q: What would you do if you won the lottery?*

A: Deposit it in the bank and then figure out how to spend it out far and wide. I would donate to multiple charitable institutions!

*Q: What would be a theme song for your life?*

A: Ac-cent-tu-Ate the Positive.

*As told to a Program Leader of the Activities Dept. of the Community Nursing Home on June 1<sup>st</sup>, 2010.*



*Pictured above is Bessie, in the center.*

## *Living Dreams Program*

**Resident:** Marion Cadieux

**Dream:** To sing on TV or sing in a movie like Doris Day.

**Dream Realized:** On March 30<sup>th</sup>, 2010 with the assistance of staff, a co-op student, and using our Kareoke machine, and a movie camera, we made it all come together! Marion was awestruck to see herself performing on TV. while she was singing “Your Cheating Heart”. She looked the part of a Country Western Star with her cowboy hat, neck-tie and red guitar.

The administrator provided a captive audience of staff and first-aid workshop students who applauded Marion’s wonderful performance. Marion was exalted and exhausted after the performance.

### *Poetry Corner*

In Honour of Grandmas Lois and Martha

I remember she used often to look somewhat Ruefully at her hands, those beautiful, useful, roughened hands of hers. So strong in the palm, So unexpectedly delicate and pointed in the fingers; not small hands, but having spare and well-shaped lines. It was always her plan that one day she would stop plunging her hands into this and that; she was going to wear gloves when she gardened and used cold cream and have really “nice” hands. She loved the white hands of ladies, the skin soft and smooth and the nails pink and tapering. But if she ever remembered to put on gloves, as sometimes once in a long time she did, sooner or later they would be off and would be grubbing about in the earth, looking up to say apologetically, “I seem to have to feel the roots are right. They won’t grow otherwise. And I do like the feel of the earth!”

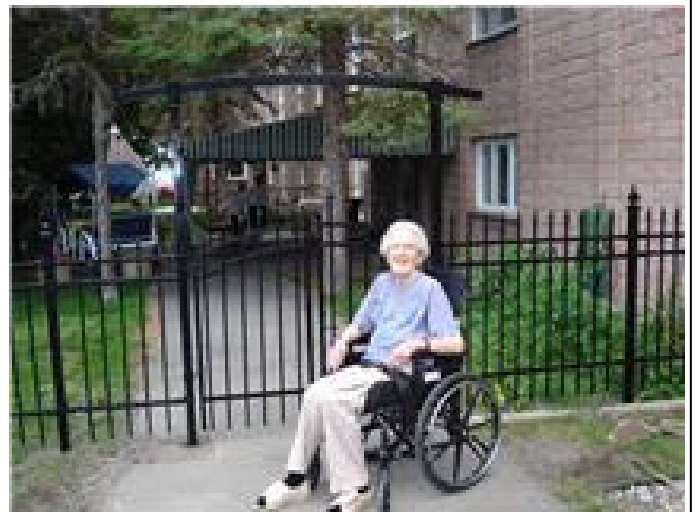
Pearl Buck

### *Thank you!*

We, at the Nursing Home would like to extend our heart-felt gratitude to the volunteers and families for helping to make our Strawberry Social and Bake Sale such a success! We made a profit of \$641.50.

Thank you to families and staff for plants donated.

We would like to extend our special thanks to Margaret Montgomery. Margaret resides at the Community Nursing Home and provided the funding for a beautiful outdoor enclosure! Thank you Margaret!



## Upcoming Events

August – Tulips in the Park

August 20 - Vankleek Hill Fair

August 27<sup>th</sup> – Upper Canada Village

September 15<sup>th</sup>- Victorian Fashion / Medicine Show

September 3<sup>rd</sup> – Country Music Jamboree

September 10<sup>th</sup> – Cannamare Orchards

September 24<sup>th</sup> – Rigaud – Sanctuaire de Lourdes

*We enjoyed attending the Glengarry Highland Games ! What a treat!*



## Great Truths That Little Children Have Learned

~No matter how hard you try, you can't baptize cats.

~When your Mom is mad at your Dad, don't let her brush your hair.

~You can't trust dogs to watch your food.

~Don't wear polka-dot underwear under white shorts.

~Never hold a Duster-Buster and a cat at the same time.

~The best place to be when you're sad is Grandmother's lap.

## Birthdays

### August

Bruce McDonald	August 7 <sup>th</sup>
Theresa McCormick	August 10 <sup>th</sup>
Jean Morrison	August 25 <sup>th</sup>
Melville Stabler	August 27 <sup>th</sup>
Tillie Starkauskas	August 28 <sup>th</sup>

### September

Wendy MacDonald	September 5 <sup>th</sup>
Stanley Hill	September 23 <sup>rd</sup>
Roger Leroux	September 26 <sup>th</sup>

### October

Isabel Major	October 4 <sup>th</sup>
Aurore Emond	October 16 <sup>th</sup>
Martha McRae	October 16 <sup>th</sup>
Leopold Lauzon	October 27 <sup>th</sup>
Rosaire Houle	October 30 <sup>th</sup>

*Congratulations!!*