



GARDEN'S ÉCHO

AUGUST 2026





Marcelle Bélec

Owner

For Pondering: You are Survivors



We Are Survivors (those born before 1940): By Joyce Gibson

You were born before television, before penicillin, antibiotics, polio shots, frozen foods, Xerox machines, plastic, contact lenses, videos, Frisbees and the pill. We were born before radar, credit cards, split atoms, laser beams and ball point pens: before dishwashers, tumble driers, electric blankets, air conditioners, drip dry clothes and before man walked on the moon.

You got married first and then lived together, not the other way around. You thought 'fast food' was what you ate in Lent, a 'big Mac' was an oversized raincoat and a crumpet we had for tea! We existed before 'house husbands', computer dating, dual careers, and a 'meaningful relationship' meant getting along with cousins, and 'sheltered accommodation' was where you waited for a bus!

You were before day centers, group homes and disposable nappies. You had never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and men wearing earrings. For you, 'time sharing' meant togetherness and a chip was a piece of wood or a fried potato. Hardware meant nuts and bolts, and software was not even a word!

Before 1940, 'made in Japan' meant junk, and the term 'making out' referred to how you did in your exams. A stud was something you fastened a collar to a shirt with, and 'going all the way' meant staying on the bus until it reached the terminus. Pizzas, McDonald's and instant coffees were unheard of. In our day cigarette smoking was fashionable, and 'grass' was mown, 'coke' kept in the coal house, a 'joint' was a piece of meat you had on Sundays, and 'pot' was something you cooked in.

A 'gay' person was the life and soul of the party and nothing more. Aids meant a form of help for someone in trouble.

You who were born before 1940 must be a hardy bunch when you think of the way in which the world has changed and the adjustments you have had to make. No wonder there is a generation gap today — but — Congratulations, you have survived!

A little bit of humour...

It is not necessary to have Many friends. The importance Is to have the best ones!



Brainteaser – August 2026 – Split Words - Friendship

*Train your semantic memory, stay sharp and stimulate your visual skills! With a pencil, form words from the syllable fragments in each grid. Cross out each grid as you use it! All words are related to **friendship***

memo	ten	for	rous
ether	res	pect	gene
ever	lis	tog	ine
life	cere	faith	last
ful	ing	sin	long
sup	genu	port	ries

Words

1.	2.	3.
4.	5.	6.
7.	8.	9.
10.	11.	12.

Did You Know Fun Facts

1. On the topic of cows, they can only walk up stairs, but not down them. A (milk) glass half full, if you will.
2. Bananas are curved because of how they grow — toward the sun.
3. The oldest living animal is reportedly a Seychelles giant tortoise named Jonathan. He is 190.
4. Only 5% of the ocean has been explored. The intense pressure at the deepest depths of the ocean makes it virtually impossible to navigate.
5. Saint Lucia is the only country in the world named after a woman.
6. The British royal family isn't allowed to play Monopoly because it gets too competitive.
7. The Queen will only wear one nail polish color, Essie's Ballet Slippers.
8. There's an island in Japan that is only inhabited by bunnies. And, yes, you can visit there if you want.
9. The Supreme Court has its own private basketball court called "the highest court in the land." Pretty clever, if you ask us. It also features a full gym.
10. More people are killed by vending machines than sharks. Also, more than 90% of shark attacks are on males.
11. There's a town in Norway called Hell. Ironically, it never gets very warm there at all. In fact, the temperature regularly dips below zero degrees.
12. If you put together all the time of characters sitting in silence in *Twilight*, it would amount to 26 minutes. Vampires really are that dramatic.
13. Dolly Parton once entered a Dolly Parton lookalike contest ... and lost. Even better, she lost to a drag queen. True to Dolly style, she tells the story often.
14. Jennifer Lawrence has a tattoo that says "H2O" on her hand to remind her to drink water. Whatever works, right?
15. Ryan Gosling was almost in the Backstreet Boys. Like many other '90s boy and girl band members, Gosling was a member of the Mickey Mouse Club.
16. Jennifer Aniston was almost a Saturday Night Live cast member — yes, before *Friends*. She turned down the role because she had heard the environment at SNL was not good toward women.
17. When Lady Gaga went to NYU, a group of students started a Facebook group about how she would never be famous. Guess the joke is really, *really* on them now, huh?
18. Jamie Lee Curtis is Jake Gyllenhaal's godmother. His parents are both directors and screenwriters, so he's always been closely connected to the industry.
19. Pop star Lorde has an Instagram account where she rates onion rings from around the world. Because why not?

Answers Brainteaser – July 2026

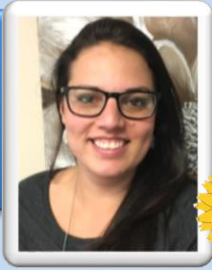
Single Letter Answers Quiz

- | | | | | |
|------|------|------|------|-------|
| 1. A | 2. B | 3. C | 4. G | 5. I |
| 6. O | 7. T | 8. U | 9. X | 10. Y |

Queen Elizabeth II Quiz

1. Elizabeth Alexandra Mary Windsor	2. 1953
3. King George 6th	4. Elizabeth
5. London	6. Prince Phillip
7. 4	8. Charles, Anne, Andrew & Edward
9. Buckingham Palace	10. Windsor Castle, Balmoral Castle, Holyrood Palace
11. Charles III	12. United Kingdom plus 14 others including Australia, New Zealand & Canada
13. Diamond	14. Australians voted to remain under the Monarchy by a narrow margin. 54% were against changing to a Republic.





Mylaine Corriveau

Executive Director

This month, I thought I would share with you the speech that was delivered during our 2026 Employee Awards Ceremony, held at the end of June.

Good afternoon, everyone and thank you for joining us for our annual 2026 Employee Awards Ceremony.

This is always a very special moment for us because it gives us the opportunity to recognize our employees and everything they do for our residence. This gala is our favorite opportunity to celebrate your hard work, your dedication, and the difference you make every single day in the lives of our residents. Without you, this evening simply would not exist. And speaking of celebrating... what an incredible week we've had!

A huge thank you to all of our directors for the amazing work they put into making this week such a success. We know how many hours, how much energy, and how much planning it takes. Seeing the smiles, the laughter, and the happiness you brought to our employees made every bit of that effort worthwhile. Thank you from the bottom of our hearts!

Now, let's get to the awards!

Once again, this year, our residents selected the winners in every category except one. They completed a survey to tell us which employee best represented each of the qualities being recognized. And let me tell you... it wasn't an easy decision!

Many residents told us they had a very difficult time answering because they believe we have an exceptional team. They said they wished they could vote for several people in almost every category. We explained that these awards are a wonderful way to highlight the unique strengths that each person brings to our community.

The surveys also allowed us to measure their overall satisfaction with our services. What stood out most this year was the overwhelming gratitude, affection, and appreciation our residents have for each and every one of you. Reading their comments filled me with pride.

When asked, **"What does Jardin Royal do best?"** many residents simply answered:

"Absolutely everything!"

They spoke about your kindness, your positive attitude, the respect you show them, the family atmosphere you create, your constant concern for their well-being, the quality of the food, the activities, and the cleanliness of our residence. But the comment that appeared more often than any other was this:

"The warmth of the people."

And can you guess what the most popular answer was to the question:

"What could Jardin Royal improve?" The number one answer was... **"Nothing!"**

Of course, we also received some thoughtful suggestions, and we will always continue striving to improve. But overall, our residents are happier and more satisfied than ever before. We also asked them whether they would recommend Jardin Royal to their family and friends. The response was unanimous:

A resounding YES! Why?

Because they told us this feels like home. They feel respected, listened to, and surrounded by caring people. They spoke about your compassion, your dedication, your kindness, and the excellence of the care and services you provide. But the most meaningful message that came through in this year's surveys was this: Our residents told us that you make them feel important. That you protect their dignity at all times. That you make a genuine difference in their everyday lives. And I truly believe there is no greater compliment than that.

Because, at the heart of it, that is exactly why we do what we do. Before we begin presenting the awards, I'd like to remind everyone of one small thing. When your name is called in a category, I will ask you to stand so that we can recognize you. Even if you do not receive the award, simply being nominated means that one or more residents thought of you among a team of more than fifty extraordinary employees.

Today, everyone who stands is already a winner because they make a difference in the lives of our residents. Thank you to each and every one of you for everything you do, every single day, for our residents... and for all of us.

The first award of the evening is the **Hospitality Hero Award**. This award is presented to our residents' favorite employee from the Administration or Reception team.

And the winner is...**Mackenzie Roussel!**

The **Sparkling Star Award** is presented to our residents' favorite employee from the Housekeeping or Maintenance team.

And the winner is... **Sophie Champagne!**

Our next award is the **Mother Teresa Award**. It is presented to our residents' favorite member of the Kitchen team in recognition of outstanding service, generosity, and exceptional kindness.

And the winner is... **Michael Petco!**

The **Guardian Angel Award** is presented to our residents' favorite member of the Nursing team. This award recognizes someone who is known for their comforting presence, tremendous compassion, and exceptional quality of care. Always ready to lend a helping hand, listen, and provide comfort, this person brings security, warmth, and happiness to the residents fortunate enough to be in their care each day.

And the winner is...**Caroline Gallant!**

The **Roadrunner Award** is presented to the employee whom our residents consider the hardest working.

And the winner is...**Martin Corriveau!**

The **Steve Jobs Award** is presented to the employee whom our residents consider the most dedicated and passionate. Through their commitment, loyalty to Jardin Royal, and unwavering desire to provide the very best service to our residents, this person inspires everyone fortunate enough to work alongside them.

And the winner is...**Chantal Lemay!**

The **Best Smile Award** is presented to the person who brightens every day with a warm smile, a cheerful attitude, and positive energy. Their contagious enthusiasm brings happiness to both residents and colleagues alike. This year, we have a tie!

The winners are...**Rachel Roux and Violet Lobo!**

Our next award is the **At Your Service! Award**. It is presented to the people who are always ready to lend a helping hand whenever a resident needs assistance. No matter the challenge, they always find a way to help with generosity, patience, and a positive attitude.

And the winner is... **Michael Petco!**

The **MacGyver Award** is presented to the person who always seems to have a solution, no matter the challenge. Whether it's fixing an unexpected problem, finding a creative solution, or saving the day at just the right moment, this person always manages to accomplish the impossible.

And the winner is... **Line Charette Collin!**

The **Gordon Ramsay Award** is presented to the person who prepares the best home-cooked meals, according to our residents.

And the winner is...**JJ Semaan!**

The **Florence Nightingale Award** is presented to the member of our Nursing team who provides care with the greatest compassion, kindness, and tenderness.

And the winner is...**Caroline Gallant!**

The **Tourangeau Family Award** is presented to the employee who makes us feel most at home. Chosen by our residents, this award recognizes someone who creates a warm, welcoming, and family-like atmosphere every day. Through their kindness, their presence, and countless thoughtful gestures, they help make Jardin Royal much more than a residence—they make it a true home. Because of this person, everyone feels important, respected, and part of one big family.

And the winner is...**Martine Campeau!**

The **Patience of an Angel Award** is presented to the person who demonstrates extraordinary patience with our residents. No matter the circumstances, they always take the time to listen, explain, reassure, and support our residents with gentleness, calm, and compassion.

And the winner is...**Miguel Bernier!**

The **Above and Beyond Award** is presented to the person who consistently exceeds our residents' expectations. They don't simply do their job—they always go the extra mile. Through their dedication, initiative, and genuine desire to make others happy, they contribute every day to the success of our team and the well-being of our residents.

And the winner is... **Sophie Champagne!**

The **President's Award** is presented to the employee whose consistency, reliability, and dependability make them someone we can always count on. Day after day, this person approaches their work with the same professionalism, dedication, and commitment. They are a cornerstone of our team and someone we know will always be there when needed.

And the winner is... **Jeannine St-Amand!**

The **Spirit Booster Award** is presented to the person who spreads joy, encouragement, and positivity wherever they go. Their optimism, kindness, and ability to lift the spirits of others make every day brighter for both residents and colleagues.

And the winner is... **Camille Rochon!**

The **Class Act Award** is presented to the person who treats every resident with the utmost respect and dignity. Through their professionalism, compassion, and genuine kindness, they make every resident feel valued, respected, and truly important.

And the winner is... **Rachel Roux!**

The **Mastermind Award** is presented to the person who knows our residents best. They remember residents' preferences, routines, life stories, and the little details that matter most to them. Thanks to this sincere attentiveness, every resident feels recognized, understood, and important.

And the winner is... **Chantal Lemay!**

The **Golden Ear Award** is presented to the person who possesses the priceless gift of listening. Chosen by our residents, this award recognizes someone who always takes the time to listen with patience, compassion, and genuine interest.

And the winner is... **Alissa Morin!**

The **Calm in the Storm Award** is presented to the person whose presence immediately reassures our residents. Even in the most stressful situations, they remain calm, inspire confidence, and bring a sense of security to everyone around them.

And the winner is... **Madeleine Foley!**

The **Obama Award** is presented to the person who communicates most effectively. They always find the right words, explain things clearly, and make sure everyone understands. Their listening skills, communication style, and ability to bring people together make them an exceptional communicator.

And the winner is... **Rachel Roux!**

The **Robin Williams Award** is presented to the person whose absence is felt the most whenever they are away from work or on vacation.

And the winner is... **Chantal Lemay!**

The **Sunshine Award** is presented to the person who instantly brightens our residents' day simply by crossing paths with them in the hallways. Their smile, cheerful personality, and positive energy light up the day of everyone they meet.

And the winner is... **Mary Mahoney!**

Anniversary Celebrations!

Danika Parenteau – 5 Years

The first person we are celebrating today is **Danika Parenteau**.

Danika joined the Jardin Royal team thanks to her big brother, Noah, who was already part of our staff. Unfortunately for her... she spent a good part of the last five years living in his shadow! Our dear Noah was a favorite among many of our residents, so for quite some time, Danika was simply known as... "Noah's sister!"

Fortunately, it didn't take long for everyone to discover that Danika had so much to offer in her own right. Fortunately, it didn't take long for everyone to realize that Danika had so much to offer in her own right.

Like her brother, Danika is incredibly hardworking, intelligent, and dedicated. In fact, the Kitchen and Reception teams are constantly competing to have her on their team!

When Danika is at work, things get done. They are done with care, efficiency, and professionalism. We never have to go back and redo her work.

She is always willing to pick up extra shifts, step in at the last minute, and she never backs down from a challenge. What I admire most about you, Danika, is the pride you put into everything you do.

You want things to be done right. You are always looking for ways to understand, improve processes, and make sure the work is done perfectly. You truly care about Jardin Royal, your colleagues, and our residents, and that shines through in everything you do.

People as reliable and committed as you are truly rare. Danika, thank you for all the times you have stepped up without hesitation.

Thank you for your professionalism, your intelligence, your incredible generosity, and your dedication to our team.

You are someone we can always count on, and we are incredibly lucky to have you with us.

Congratulations on these five wonderful years!



♥ Shany – 5 years

Another person celebrating five years with us today is our dear **Shany**. You may know her a little less, since she mainly works behind the kitchen doors, in the dishwashing area. But those who have the pleasure of working with her know just how exceptional Shany truly is. Shany genuinely loves her work. And I don't think I'm exaggerating when I say that she loves Jardin Royal with all her heart.

In fact, she loves it so much that she almost always arrives nearly an hour before the start of her shift. Yes, you read that right... one full hour early! You really must love your job to do that. The only time she isn't early is when we call her at the last minute to come in and help...

because at that point, she arrives as quickly as she possibly can! Over the past five years, how many times has she stepped in to help us out? Honestly... I stopped counting. And every single time, it's the same thing. She arrives with her big smile, happy to be back with her second family and proud to be able to help her team.

Shany has been through many challenges in her life. Unfortunately, some people have taken advantage of her incredible kindness and her generous heart. Despite everything, she continues to choose kindness. She always welcomes us with a smile, a hug, a gentle touch, or a comforting word. She truly loves people. She loves laughing with us, checking in on how we are doing, and when someone is going through a difficult time, she genuinely feels it.

Shany, you have a wonderful gift of making people feel important and loved. And that... is an extraordinary gift. Of course, I can't talk about Shany without mentioning her two greatest passions: **French fries... and Tim Hortons iced cappuccinos!** Our dear Shany is known for her love of foods that are not exactly recommended by Canada's Food Guide... We work hard to encourage her to enjoy more vegetables, and whenever she makes a healthy choice, she is so proud that she comes to show us. But if you really want to make her happy... just serve her a big plate of fries. Just fries. She will be the happiest person in the world! And we also have to talk about her beloved **Ottawa Senators**. Shany is extremely competitive. She loves coming in the next day to remind us that our hockey team lost. She still hasn't realized that the **Montreal Canadiens are the best team...** but we remain hopeful. One day, she may finally see the truth! Shany, your journey reminds us that with courage, perseverance, and a heart full of love, we can accomplish truly beautiful things.

We are so proud of you. Thank you for these five wonderful years. Thank you for your incredible heart. And thank you for being part of our big family.



🍾 Sophie Champagne – 5 Years

Our dear Sophie is also celebrating five wonderful years with us, and what a privilege it has been to have her as part of our housekeeping team since October 2021.

If you ask our residents to tell you about Sophie, the first thing they will say is that she never stops! Sophie is probably one of the hardest-working people I have ever had the pleasure of meeting. No task is too big. No challenge intimidates her. And when we give her something to do, we know it will get done... and it will be done well.



But what truly makes Sophie exceptional goes far beyond her incredible work ethic. Sophie has an enormous heart. She is gentle with our residents, always thoughtful, and deeply caring. She takes the time to talk with them, listen to them, and make them feel important. It is not uncommon to see her still chatting with a resident several minutes after her shift has already ended. Our residents often say that she does far more than what is written in her job description.

When there is a ladder to climb... When a storage room packed from floor to ceiling needs to be emptied... When windows need to be washed, tile grout needs to be scrubbed on hands and knees, or the biggest spring-cleaning projects need to be tackled...

Sophie is often the person we call. And when Martin needs a helping hand in Maintenance, she is almost always the first one to volunteer. Somehow, what seemed like a mountain of a task is completed just a few hours later. Sophie is truly a force of nature. But what makes all of this even more remarkable is that, in addition to giving so much of herself to Jardin Royal, she is also an extraordinary single mother of two children. The same love, patience, kindness, and dedication that she gives to our residents, she also gives to her family. Sophie, thank you for every extra effort. Thank you for every time you have stepped up and offered to help without hesitation. Thank you for all the little gestures of kindness you show our residents, often without even realizing it.

Thank you for being a colleague we can always count on and most importantly... thank you for being exactly the person you are. We are incredibly proud to have you as part of our Jardin Royal family.

Congratulations on your five wonderful years with us!

♥ Mackenzie Roussel – 5 years

The last person we are celebrating today, but certainly not the least, is our dear **Mackenzie**. Mackenzie has been part of our Reception team since August 30, 2021.

Over the past year, we discovered a hidden talent of hers: **painting!** She has stepped in several times to help Martin in Maintenance when we needed to quickly repaint an apartment. And let me tell you... she did an amazing job! At first glance, Mackenzie may seem a little reserved. But don't let that fool you.

When it's time for our themed weeks, our Winter Carnival, or any other costume activity... she completely transforms! We always hope to have her on our team because she helps us earn so many points! When we ask Mackenzie to dress up, she never does things halfway. She takes on the challenge... and she goes all out! As they say in English: **"She understood the assignment!"** She always embraces our wildest ideas and even manages to get her colleagues involved along the way. But beyond the costumes and the laughter, Mackenzie is first and foremost an exceptional colleague. She is reliable, organized, and efficient. We never have to ask her twice to do something. She completes her work with professionalism, attention to detail, and a great sense of pride.

But what truly sets Mackenzie apart is, without a doubt, the special connection she has created with our residents. They absolutely adore her. Many of them even wait until she is working at the front desk before bringing in their computer, tablet, or phone for assistance, simply because they want **her** to be the one helping them. They appreciate her kindness, her patience, and the reassuring way she takes the time to help them.



Mackenzie is, without a doubt, one of our residents' absolute favorites. There is also a quality about Mackenzie that not everyone gets to see. Every time we need help at the last minute, Mackenzie is there. She is always willing to pick up extra shifts, even when her schedule is already incredibly busy.

And yet... On top of working here, she also has another full-time job during the summer. She is also a high-level athlete. She competes in several sports, is a member of the University of Ottawa's Ultimate Frisbee team, and until recently, was a goaltender on a hockey team. With all the practices, training sessions, competitions, and commitments that come with being an athlete, she still manages to find time for her second family. And that says so much about the person you are. Mackenzie, it is clear how much you truly love Jardin Royal. And I hope you know how much that love is returned.

Thank you for your commitment. Thank you for always being available. Thank you for your incredible kindness toward our residents. And thank you for being part of our family for the past five years. We sincerely hope to have the privilege of keeping you with us for many more years to come.

Congratulations, Mackenzie!

Before we conclude this beautiful ceremony, I would like to share one final thought with you.

Today, we presented many awards. Some of you will leave with a trophy, but my hope is that everyone leaves with an incredible sense of pride. Because beyond the awards, the greatest reward is the feedback we received from our residents. They told us that they feel at home here. They told us that they feel respected, heard, and valued. They told us that you make them laugh, that you take the time to listen to them, that you reassure them during difficult moments, and that you give them something to look forward to each morning and above all, they told us that they feel something truly precious here...

Human warmth.

Those are their words. And I believe there is no greater compliment for a residence like ours. Every smile, every conversation in the hallway, every meal served with kindness, every helping hand, and every small gesture you make without even thinking about it contributes to making Jardin Royal such a special place.

You are not simply doing your jobs. You are truly changing the lives of our residents. You bring them comfort, security, happiness, and a genuine sense of belonging and for many of them, you have become a second family.

I know our work is not always easy. There are challenging days, unexpected situations, obstacles, and moments that test us. But through it all, you continue to choose kindness. You continue to give the very best of yourselves and that is what makes all the difference. On behalf of our entire family, thank you.

Thank you for your hearts. Thank you for your dedication. Thank you for your professionalism. Thank you for caring for our residents the way you do and thank you for making Jardin Royal a place where people don't simply come to live...

They come to truly experience life. They come to build connections. They come to feel at home. We are incredibly fortunate to have you as part of our team.

Congratulations to all our winners, congratulations to everyone who was nominated, and most importantly... Thank you for being part of the great Jardin Royal family.



Martine Campeau

Dwelling Advisor



My Dear Residents,

Here's a friendly reminder that our **Annual Community BBQ** is just around the corner! I can't wait to see everyone together on **August 20th** for a fantastic day filled with sunshine, great music, delicious food, and lots of fun. There are still some spots available to invite your friends and family, so be sure to reserve your guests before they're gone!

We also have some exciting news to share **only a few tickets remain for our Royal Bingo! Hurry and get yours before they're gone!** Thank you to everyone who has already purchased tickets and supported this wonderful event. We can't wait for the big day! Best of all, all proceeds will be donated to St. Joseph Parish, making this event even more meaningful.

Lastly, I've just returned from a well-deserved vacation, and I had a wonderful time with my family. We visited Parc Omega, Mont Cascades, went camping, spent time relaxing by the pool, and enjoyed making some great summer memories together. It was the perfect way to recharge, and I'm happy to be back with all of you!

Warm welcome to our newest residents:

107 – Mr. Jean-Paul & Mrs. Denise Gravel

122 – William Mainer

230 – Mr. Manuel Ferraz





Chantal Gagné

Food Service Director



I would like to wish everyone a wonderful month of August!

As always, our annual BBQ is just around the corner, and we hope it will once again be one of the biggest highlights of the year—a fun-filled, festive day with sunshine, laughter, great food, and wonderful company. I would also like to take a moment to express how grateful I am to be part of such an incredible team.

July was expected to be a quieter month for the kitchen, allowing some of us to take well-deserved vacations and recharge our batteries. Unfortunately, one of our key team members became ill for part of the month. I am happy to say that all is well again, and everyone is back in good health. Thanks to a team spirit that is stronger than any challenge, everyone pulled together to ensure there was as little disruption as possible to our daily operations.

I am incredibly grateful to our junior chefs, who stepped up to fill some very big shoes. While they are more than capable of covering a shift here and there, doing so for many consecutive days placed extra pressure on their less experienced shoulders. They handled it with professionalism and determination. I am equally grateful to our senior chefs, who also stepped up to provide additional support and help lighten the workload.

A special thank you goes to our servers, who willingly switched schedules and picked up extra shifts while Stephanie and Daphnee returned to the kitchen to cover our chefs' positions. I am also grateful that, thanks to everyone's efforts, I was still able to enjoy some time away with my family. This is what having an exceptional team is all about. Sometimes we simply need to pause and appreciate everything that happens behind the scenes to make it all work.

My sincere thanks also go to every other department for their ongoing support. And last, but certainly not least, thank you to our wonderful residents for your kind words of encouragement and appreciation. Your support means more than you know. As I often say, we have wonderful residents and wonderful employees—and together, that makes this a wonderful home.

I am also grateful to be starting the month with another week of vacation before returning to a full team, just in time to host what promises to be another fantastic annual BBQ.

To finish, I would like to share a few photos from last month's Japanese Dinner. They offer a small glimpse behind the scenes of everything that goes into creating these special events. We hope you enjoy them!

Miso Soup

- Chicken soup Base
- Dashi powder (110g bottle is plenty)
- Tofu Firm (3-4pkg) Small diced
- Kombucha squash (butternut?) small diced
- Miso paste (1 container w/ 1/2)
- Green onion (granish)

Do not bring miso to a boil after adding to soup

Sushi Rice

- 2 cup raw sushi rice
- 3 tbsp unseasoned rice vinegar
- 2 tbsp sugar
- 1 tsp salt

Kushiyaki *→ needs to be sealed (3 cups each)*

- 1/4 cup soy sauce
- 1/4 cup mirin
- 1/4 cup sake
- 2 tbsp brown sugar
- 1/4 water
- 1/2 tsp ground ginger

Combine and simmer for 8 minutes until thickens (use cornstarch slurry if ne Use sauce to baste skewers and serve on the side

Tonkatsu sauce

- 3 cup ketchup
- 1/2 cup Worcestershire
- 1/2 cup soy sauce
- 1/4 cup oyster sauce
- 1/4 cup brown sugar

allrecipes!

Anko (Sweet Red Bean Paste)

Anko is a sweet red bean paste that's used to hold together pastries, cakes, and Japan. Store cooled anko in a covered container in the refrigerator.

By Allrecipes Member • Tested by Allrecipes Test Kitchen

Prep Time: 5 mins

Cook Time: 1 hr 55 mins

Total Time: 2 hrs

Servings: 8

Ingredients

- 1 cup dried red beans *8 cup*
- 1 1/2 cups white sugar *12 cup*

Directions

Step 1

Gather all ingredients.

Step 2

Place beans in a saucepan and cover with 2 cups water; bring to a boil and cook

Step 3

Drain beans and transfer to a clean saucepan.

Step 4

Cover with 2 to 3 cups water and bring to a boil. Reduce the heat to low, cover as needed, until beans are soft and can be crushed between your fingers, 1 1/2

Step 5

Drain beans and return to the saucepan. Add sugar and set over medium-high

Step 6

Cook, stirring constantly, until sugar melts and beans form a loose, shiny pas

Step 7

Immediately transfer paste to a container to cool.

Nutrition Facts

Calories 51g; dietary fiber 6g; total sugar 12mg; iron 2mg; potassium 325mg

Kani Salad

If you've ever picked at the last pieces of kani salad from a shared plate at a sushi restaurant, wishing there was more, this recipe fixes that problem permanently.

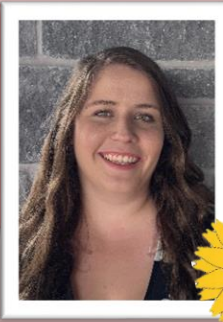
Ingredients

- 4 cucumbers (thinly sliced)
- 1 teaspoons salt
- 4 pkg crab sticks
- 2 tbsp black sesame seeds
- 1 bunch scallions (chopped)
- 2 cup Japanese mayonnaise
- 2 tbsp lemon juice
- lemon zest
- 4 teaspoon soy sauce

Instructions

1. Put the sliced cucumbers in a bowl and toss them with salt. Set these aside to sweat.
2. Shred the crab sticks by rolling them between your hands and then pulling the strands of crab stick apart.
3. Once the cucumbers and carrots start to limp, massage them with your hand to coax out more water. Then, gather the vegetables up with your hands and squeeze out as much liquid as you can. Add these to the bowl with the other ingredients.
4. To dress the Kani Salad, add the black sesame seeds, scallions, and Japanese mayonnaise to the bowl, and then use a microplane to grate lemon zest from half the lemon into the salad. Next, squeeze lemon juice and soy sauce into the salad.
5. Toss the ingredients together and serve your Kani Salad on a bed of lettuce.



*Caroline Gallant**Director of Care***Yearly Falls Report Review 2025**

Each year, Royal Garden completes a comprehensive review of all resident falls to better understand why falls occur and identify ways we can continue improving the safety and well-being of everyone in our community. By reviewing trends and evaluating our prevention strategies, we can continue introducing new initiatives that help residents remain active, independent, and safe.

In 2025, Royal Garden recorded 122 falls, compared to 112 falls in 2024. Although this represents a slight increase, it reminds us that falls remain one of the most common health concerns among older adults. Of these falls, 21 resulted in a hospital transfer, compared to 19 hospital transfers in 2024. We also saw five fractures, compared to two the previous year.

Several residents required more than one hospital transfer following repeated falls. In many cases, residents were assessed in the emergency department and returned to Royal Garden the same day, only to require additional hospital visits after experiencing further falls. For some residents, repeated falls were later found to be associated with an underlying medical condition that was not immediately apparent during the initial assessment. These situations highlight the complexity of caring for an aging population with multiple chronic health conditions. Emergency departments must often make decisions based on the resident's condition at the time of assessment, and returning seniors to their familiar environment can support recovery and reduce confusion. However, some medical conditions develop gradually and may only become evident after additional monitoring or repeated assessments. This reinforces the importance of ongoing observation, communication between healthcare providers, and timely follow-up after a resident returns from the hospital.

We also found that seven residents who experienced a fall had moved into Royal Garden within the previous six months, compared to five new residents in 2024. Moving into a new home is an exciting yet stressful transition that can take time to adjust to unfamiliar surroundings. Learning new walking routes, adapting to a different room layout, and becoming familiar with the residence can temporarily increase the risk of falling. This finding reinforces the importance of completing a falls risk assessment shortly after admission, as adjusting to a new environment can temporarily increase the risk of falling. For this reason, every new resident receives a falls risk assessment shortly after moving in, and recommendations are made to help ensure a safe and comfortable transition.

Falls rarely occur because of one single cause. More often, they happen when several risk factors come together. Muscle weakness, reduced balance, changes in vision, dizziness, dehydration, certain medications, chronic medical conditions, and even rushing to answer the phone or get to the bathroom can all increase the risk of falling.

Illness can also play a significant role. During 2025, Royal Garden experienced two COVID-19 outbreaks, affecting four residents during the first outbreak and nine residents during the second. Several falls occurred during these periods. When someone becomes ill, they often spend more time resting in bed or sitting in their room.

Even a few days of reduced activity can cause muscles to become weaker and balance to decline. Illnesses such as COVID-19, influenza, urinary tract infections, and other viral infections can also lead to fatigue, dizziness, dehydration, confusion, or low blood pressure, making falls more likely. To help residents remain active during periods of isolation, wellness baskets containing simple in-room exercise guides were provided. Research has consistently shown that one of the best ways to prevent falls is to stay physically active. Regular exercise helps improve muscle strength, balance, flexibility, coordination, and confidence while walking. Even small amounts of movement each day can make a meaningful difference.

At Royal Garden, we are fortunate to offer physiotherapist-led exercise classes approximately five days a week, along with access to our renovated fitness room. These programs are designed for all levels of mobility and focus on improving strength, balance, and walking ability. Whether you participate sitting in a chair or standing with support, every movement helps maintain your independence.

Following every fall, our Falls Risk Assessor carefully reviews the circumstances surrounding the incident and develops individualized recommendations to help reduce the risk of another fall. These recommendations may include environmental changes, mobility equipment adjustments, medication reviews, physiotherapy or occupational therapy referrals, and other personalized interventions. Every fall provides an opportunity to learn and strengthen our prevention strategies.

Throughout the year, Royal Garden also offers medication reviews with our pharmacist, walker assessments, hearing clinics, wellness presentations, and monthly educational articles. These initiatives help residents stay informed, maintain their independence, and reduce their risk of falling.

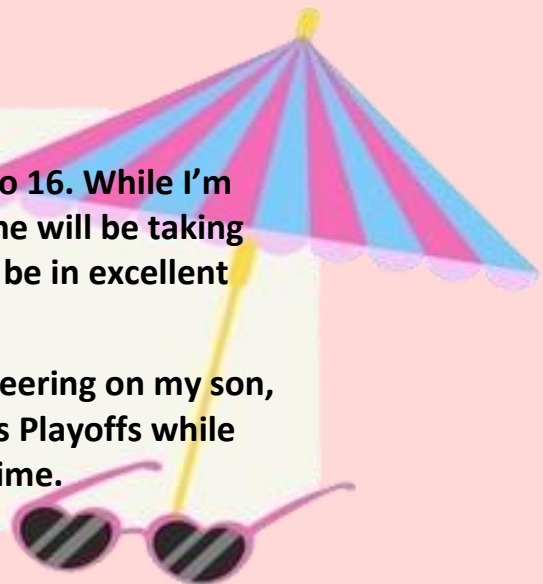
Perhaps the most important message is this: don't stop moving because you're afraid of falling. Inactivity causes muscles to weaken and balance to decline, which actually increases the risk of future falls. Staying active within your abilities is one of the best investments you can make in your health and independence.

Thank you to everyone who has participated in our exercise classes, wellness clinics, and educational sessions throughout the year. Falls prevention is a shared effort, and every positive step you take—whether it's attending an exercise class, using your walker, or asking for assistance when needed—helps you maintain your strength, confidence, and independence.



I'll be on vacation from August 7 to 16. While I'm away, Khadi, our nurse, and Mylaine will be taking great care of everything, so you'll be in excellent hands.

My family and I will be in Toronto cheering on my son, Nathan, at the Lacrosse Provincials Playoffs while enjoying some family time.





Martin Corriveau

Facility Director

Hello everyone, and happy August!

For this month's article, I thought I would share some updates about our garden, as well as the flowers and shrubs in our flower beds.

This year, we have had several small animals visit our raised garden, and they seem to have developed a taste for our green beans and the leaves of some of our other vegetables. We have tried a variety of methods to keep them away, including an animal repellent, cayenne pepper, and garlic cloves, but unfortunately without much success. Rest assured, though—I haven't given up yet! I hope to have found an effective solution before next year's gardening season. Fortunately, despite these hungry little visitors, our tomatoes, zucchinis, peppers, cucumbers, and herbs are doing very well and continue to thrive.

As for our landscaping, the news is excellent! Our flowers are healthy and provide a beautiful display of colour. All of the flower beds where shrubs were damaged last fall have been replanted, and the new shrubs are growing very well. They should reach a good level of maturity by the end of the summer. We have, however, noticed that the shrubs located near the residence van are in poor condition and will need to be replaced this fall or next spring.

We hope you continue to enjoy our beautiful backyard and its vibrant colours throughout the month of August!





Kelli Bisson

Housekeeping Manager



Hello and welcome to the month of August!

As we welcome the month of August, I would like to wish each and every one of you a wonderful end to the summer season. This time of year, reminds us to enjoy life's simple pleasures: a sunny afternoon, a friendly conversation in the hallway, the beauty of flowers in full bloom, or simply the joy of spending time with family and friends.

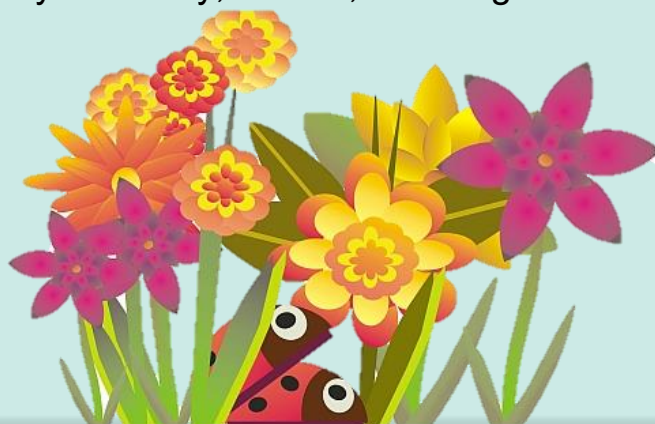
It is a true privilege for our Housekeeping Team to help make this residence a clean, comfortable, and welcoming place every day. We understand that your room or apartment is much more than just a place to live—it is your home. Our goal is to provide an environment where you feel safe, comfortable, and proud to welcome your family and friends.

I would also like to thank all of our residents for their kindness, patience, and the many smiles they share with our team. Your words of encouragement and appreciation mean so much to us and remind us of every day why we love what we do. A simple hello or a few kind words can truly brighten someone's day.

As family visits continue throughout the summer, we remain committed to keeping our common areas clean, fresh, and welcoming for everyone to enjoy. If you have any special requests or suggestions to help, make your home even more enjoyable, please never hesitate to let us know. We are always happy to help.

On behalf of the entire Housekeeping Team, thank you for allowing us to be part of your daily lives. We wish you a wonderful month of August filled with sunshine, laughter, good health, and many precious moments shared with your family, friends, and neighbors.

Wishing you all a happy August!





Chantal Lemay

Activity Coordinator

Dear Residents,

August is often called the "golden month of summer," and it's easy to see why. The gardens are in full bloom, the days are warm, and there are countless opportunities to enjoy the simple pleasures that make this season so special. Whether it's sitting outside with friends, enjoying an ice cream, listening to music, or sharing stories from summers gone by, August reminds us to slow down and appreciate the little moments.

This month, I encourage everyone to try something new. Attend an activity you've never participated in before, introduce yourself to someone you don't know well, or simply take a few extra minutes to enjoy the sunshine. Sometimes the best memories are made when we step outside of our usual routine.

An exciting month is planned, filled with opportunities to get out, explore, and enjoy the company of friends. We'll be taking a **special outing to Dairy Queen** for a delicious ice cream treat before heading to **beautiful Petrie Island** to relax and enjoy the summer scenery. We are also looking forward to **visiting the RCMP Musical Ride stables**, where we'll have the chance to learn more about these magnificent horses and the dedicated officers who care for them. And, of course, we can't forget one of our favorite traditions—our famous Community BBQ! It's always a wonderful afternoon filled with great food, music, laughter, and time spent together. We hope you'll join us for these memorable events.

Did you know that laughter is one of the healthiest activities we can enjoy? Studies have shown that laughing can reduce stress, improve mood, strengthen the immune system, and even help lower blood pressure. That's one of the reasons we love filling our calendar with games, entertainment, and opportunities to have fun together. A smile is contagious, and every shared laugh helps make our community an even happier place to call home.

As we continue enjoying the beautiful weather, please remember to stay hydrated, wear a hat when spending time outdoors, and don't hesitate to take breaks in the shade. Looking after ourselves helps ensure we can make the most of all the exciting activities planned this month.

Thank you for making our community such a welcoming, caring, and joyful place. Your smiles, kindness, and enthusiasm are what make every event so special. I look forward to spending another wonderful month together and creating many more happy memories.

Here's to a fantastic August filled with sunshine, friendship, laughter, fun, and unforgettable adventures!



A graphic for a "SUMMER OUTING" event on August 11. The central text is in a white shield-like shape with a red banner above it. To the left is a large soft-serve ice cream cone. To the right is a scenic view of a lake with a path and swans. Below the shield, two red and blue banners contain the names of the locations and a description.

SUMMER OUTING
AUGUST 11
Departure: 1:30 p.m.
Return: 4:00 p.m.

DAIRY QUEEN
❤️\$

PETRIE ISLAND
❤️
Enjoy a relaxing visit by the water!



A graphic for an "RCMP MUSICAL RIDE STABLES" event on August 25. The left side features text in a cream-colored shape with a red banner above it, decorated with maple leaves. The right side is a photograph of a black horse in a stable stall with a RCMP saddle pad.

GUIDED TOUR
🍁 **RCMP** 🍁
MUSICAL RIDE STABLES
— 🍁 —
AUGUST 25
— 🍁 —
Departure: 1:15 p.m.
Return: 4:00 p.m.



Line Charette Collin



Accounts Director

Dear residents,

Despite the stormy weather, our Canada Day was filled with smiles, laughter and wonderful family memories. While Mother Nature had other plans, it certainly didn't dampen our spirits!

The children were especially excited that the skies cleared just in time to enjoy the fireworks, making for a perfect ending to a fun-filled day

We hope everyone had a safe and happy Canada Day celebrating with family and friends.





WINE OF THE MONTH by Michelle (your favorite "sommelière")

Red: Mazzei Ser Lapo Riserva Chianti Classico

Fun label experience

As soon as you see this bottle on the shelf, you quickly notice something different. Instead of being stuck to the bottle, the label is wrapped around it, sticking by a wax seal. It does not take more than that to instigate my curiosity and for me to buy the bottle and see what's on the other side of that scroll. It is a replica of the first official document mentioning "Chianti wine", noted by Sir Lapo, an ancestor of Marquis Mazzei, this wine's maker, in 1398.

Pretty cool if you're like me, both a history and a wine lover! Ask your server to see the document?

On sale all August: \$7 / glass – \$30 / bottle

White: Vidigueira Antão Vaz 2024

Rideau Street LCBO

As a fellow wine enthusiast, I recommend shopping the VINTAGES section at the Rideau Street LCBO. It is one of the most interesting places to shop for wine —especially if you enjoy discovering wines beyond the regular LCBO lineup. Its VINTAGES department is located in the lower level. Unlike a standard LCBO, this location carries a much broader selection of limited-release wines, premium spirits, and cellar-worthy bottles. It's considered one of Ottawa's flagship stores. The Staff there is always very professional and able to guide you to some hidden gems... like this one. I quite enjoyed this grape variety from Portugal, Antao Vaz, that I had never heard of.

On sale all August: \$5 / glass – \$20 / bottle

JARDIN ROYAL GARDEN

ANNUAL COMMUNITY

BBQ

COMMUNAUTAIRE
ANNUEL



BAR
PAYANT
(\$ COMPTANT)
CASH BAR



MUSIQUE
LIVE
MUSIC

20 AOÛT
16H00-19H00
SOUPER BUFFET

AUGUST 20TH
4:00-7:00PM
DINNER BUFFET



RSUP AVANT LE 10 AOÛT
RSUP BEFORE AUGUST 10TH



613 841-2221

info@jardinroyalgarden.ca





Galery

Strawberry social





Galery

Outing : Les Jardins
Écologiste Grégoire





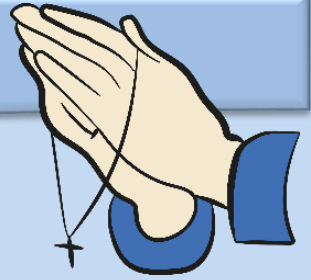
Galery



Outing : Marcelles Cottage



Prayer



Lord our God,

As we begin this month of August, we thank You for the bright summer days, for the moments of peace You graciously give us, and for the love that unites us with one another.

Help us to live each day with trust and hope. Teach us to welcome life's joys with gratitude and to face its challenges with faith, knowing that You always walk beside us.

Open our hearts to compassion, so that we may be attentive to the needs of those around us. May our words bring comfort, our actions reflect Your goodness, and our presence be a source of peace.

We entrust to You our families, our friends, those who are ill, those who are lonely, and all who are going through difficult times. Surround them with Your love and renew their strength.

Through the intercession of the Blessed Virgin Mary, Mother of the Church, guide us throughout this month of August. May she help us grow in faith, hope, and charity, so that we may always be witnesses of Your love.

We ask this through Jesus Christ, our Lord.

Amen.

Mass



➤ **Monday to Thursday**

10:00 AM – Chapel

➤ **Friday**

10 AM – Activity Room

Rosary

➤ **Everyday-Monday-Friday**

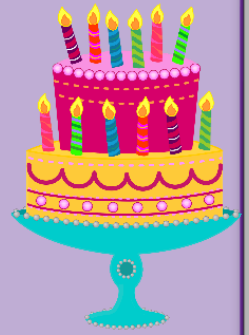
4 PM - Chapel

➤ **Saturday & Sunday**

10 AM & 4 PM- Chapel



Happy Birthday



Residents

Théo Trépanier – Aug 2nd

Alfred Gignac – Aug 3rd

Denise Hutt – Aug 16th

Agnes Hatch – Aug 22nd

Irène Forget – Aug 22nd

Denise St-Cyr – Aug 31st

Employees

Alexia St-Amour – Aug 9th



HAIRDRESSER - Sylvie

- On site on Wednesdays & Thursdays
- Call Sylvie directly for your appointment at

613-798-6020**HAIRDRESSER – Nathalie**

- On site on Tuesdays & Fridays
- Call Nathalie directly for your appointment at

613-227-8070***Foot care with Paulette*****Monday, August 24th****Tuesday, August 25th****Wednesday, August 26th****Draw 50/50****(2x per month)**

**(Winner will be
announced at Dinner
Time!!)**

**July Winners:****Mrs. Cécile Fournier - \$68,00****Mr. Marcel Pellerin - \$70,00****Congratulations!!**

Dépanneur - Tuck Shop

ROYAL

Vendredi – 11 h 30

DÉPANNEUR ROYAL TUCK SHOP

Articles / Items	Prix - Price
Barres de chocolat / Chocolate Bars	\$1.25
Croustille / Chips	\$1.25-\$3.00
Boissons gazeuses / Soft Drinks	\$2.00
Cartes / Cards	\$2.00
Piles / Batteries (4 x AA)	\$6.00
Tapis de bain / Bath Mat	\$4.00
Rideau de douche / Shower Curtain	\$4.00
Mouchoirs / Kleenex	\$2.50
Ampoules / Light Bulbs	\$7.00
Savon / Soap	\$1.50 – \$4.00