

# Quarterly NEWSLETTER

## FRED DOUGLAS SOCIETY

The Scoop from April, May, & June!



### *Flowers are blooming*

Thanks to the dedicated volunteers and staff, the grounds of Fred Douglas Lodge are looking more vibrant than ever. We've been putting in a lot of effort to tidy up all areas while adding a splash of color along the way.



### *Outings*

On Friday, May 16, Janet, the recreation worker at Heritage House, along with two Tenant Companions, set out for a delightful ice cream outing at the Forks! The Neon Cone offered a variety of gluten-free and calorie-conscious options, ensuring that all our tenants could savor these summer treats. They enjoyed the fantastic weather while soaking up the warm sunshine!



### *Celebrations*

**Mother's day** was celebrated in May with a special Mother's day brunch filled with love, laughter, and good food!

**Father's day** was full of sunshine, classic cars, and community spirit! On June 18<sup>th</sup>, we held our annual Father's Day Car Show. This supports our Recreation departments and is well attended by Resident, families and staff.



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If you have any content suggestions for upcoming newsletters, please reach out to Chantelle at [ccalder@freddouglas.ca](mailto:ccalder@freddouglas.ca)

# EMPLOYEES

## Employee Highlight

### GEORGINA - HEALTH CARE AIDE

GINA HAS BEEN PART OF THE FRED DOUGLAS LODGE TEAM FOR AN AMAZING 39 YEARS! ONE OF THE THINGS SHE LOVES MOST ABOUT HER JOB IS BEING ABLE TO CONNECT WITH THE RESIDENTS WITH DEMENTIA.

SHE LIVES BY THE SAYING “SUGAR MOVES MOUNTAINS”—MEANING THAT BEING SWEET, KIND, AND TREATING EVERYONE WITH COMPASSION GOES A LONG WAY. WHEN IT COMES TO SUPPORTING RESIDENTS WHO MAY NOT BE ABLE TO COMMUNICATE CONVENTIONALLY, GINA MEETS THEM WHERE THEY'RE AT, OFTEN USING FACIAL EXPRESSIONS AND GENTLE GESTURES TO COMMUNICATE. EVEN HER COWORKERS ARE SURPRISED SHE CAN UNDERSTAND THE RESIDENTS. SHE IS THE FAVOURITE OF MANY OF OUR RESIDENTS.

WHEN ASKED IF SHE ALWAYS WANTED TO BE A HEALTHCARE AIDE, GINA SAID SHE'S ALWAYS KNOWN SHE WANTED TO CARE FOR PEOPLE. SHE DIDN'T KNOW EXACTLY WHAT PATH THAT WOULD TAKE AT FIRST, BUT NOW SHE KNOWS WHAT SHE WANTS TO BE AND SHE IS DOING IT.

HER COMMITMENT TO GIVING RESPECTFUL, THOUGHTFUL CARE IS SOMETHING WE TRULY ADMIRE. WE'RE SO HAPPY TO CELEBRATE EVERYTHING GINA BRINGS TO FRED DOUGLAS LODGE!

## New Employees

Welcome to the new employees who have started in the last three months!

<b>Corazon</b>	Tenant Companion	Heritage House
<b>Amandeep</b>	Recreation Worker	Fred Douglas Lodge
<b>Rashmi</b>	Recreation Worker	Fred Douglas Lodge
<b>Jeffrey</b>	Health Care Aide	Fred Douglas Lodge
<b>Maria</b>	Support Services	Fred Douglas Lodge
<b>Arshdeep</b>	Scheduling Clerk	Fred Douglas Lodge
<b>Gifty</b>	Recreation Worker	Fred Douglas Lodge
<b>Surjani</b>	Manager of Finance	Fred Douglas Lodge
<b>Navjeet</b>	Scheduling Clerk	Fred Douglas Lodge
<b>Bereketeab</b>	Summer Student	Fred Douglas Lodge
<b>Aubrey</b>	Summer Student	Fred Douglas Lodge



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# NURSES WEEK

**In the Care of Time**

**For the Nurses of Fred Douglas Lodge**

IN THE GOLDEN HAZE OF YEARS GONE BY,  
WHERE MEMORIES LINGER AND DREAMS STILL FLY,  
YOU STAND BESIDE THEM, SOFT AND TRUE,  
AS GENTLE HANDS AND HEARTS RENEW.

IN OAK AND WILLOW, AGE TAKES GRACE,  
A LIFETIME WRITTEN ON EACH FACE.  
THE YEARS MAY CHANGE, BUT YOU REMAIN,  
A STEADY HAND THROUGH JOY AND PAIN.

IN SPRUCE, WHERE WHISPERS FILL THE AIR,  
YOU LISTEN DEEPLY, ALWAYS THERE.  
THE STORIES SHARED, THE QUIET SMILES,  
ARE GIFTS YOU CHERISH THROUGH THE MILES.

IN EVERGREEN, THE WORLD MAY SLOW,  
BUT HEARTS LIKE YOURS STILL BRIGHTLY GLOW.  
YOU GIVE THEM COMFORT, PEACE, AND LIGHT,  
IN MOMENTS TENDER, SOFT AS NIGHT.

IN MAPLE ELM, THE SEASONS TURN,  
YET LOVE AND LAUGHTER STILL WILL BURN.  
YOU HONOR LIVES BOTH LIVED AND NEAR,  
WITH EVERY WORD, YOU CALM THEIR FEAR.

FOR EVERY SHIFT, BOTH DAY AND NIGHT,  
YOU WALK WITH THEM THROUGH SOFT TWILIGHT.  
AND THOUGH THE YEARS MAY MARK THE FACE,  
YOU SEE THE SOUL, THE SACRED GRACE.

FOR ALL THE STEPS, THE TOUCH SO KIND,  
THE QUIET CARE THAT CALMS THE MIND,  
YOU HONOR THEIR OLD AGE WITH CARE,  
AND WITH A LOVE SO RICH, SO RARE

**Nurses week was celebrated at  
Fred Douglas Lodge  
May 6 to 12, 2025**

**THANK  
YOU**



A SIMPLE JOY, A SHARED EMBRACE,  
THE GENTLE SMILE UPON YOUR FACE,  
YOU GIVE THEM PEACE AND HOLD THEM NEAR,  
IN EVERY HOUR, THROUGHOUT THE YEAR.

SO, HERE'S OUR THANKS, BOTH DEEP AND WIDE,  
TO NURSES WHO WALK WITH HEARTS OPEN WIDE.  
YOU GUIDE WITH LOVE, YOU HEAL WITH GRACE,  
IN EVERY TOUCH, A WARM EMBRACE.

-UNKNOWN AUTHOR



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# RESIDENTS



enjoy  
the  
little  
things



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# STAFF



GOOD  
TIMES



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