

Fred Douglas Society Quarterly NEWSLETTER

January, February, March 2026

HAPPY
New Year

HAPPY 2026!

WE ARE NEARLY FOUR MONTHS INTO 2026. AFTER A SUCCESSFUL 2025, WE'RE EAGER FOR WHAT'S AHEAD THIS YEAR!

Fred Douglas Lodge Recreation Activities

As usual our Recreation Department has been busy.

Residents enjoyed some live entertainment on January 30th

A fun game of Valentines Tic Tac Toe took place on February 12th

Residents did Chinese New Year Craft on February 18th

All Resident including Carol & Fred enjoyed the Band from Shaughnessy Park on March 6th



Upcoming Fred Douglas Lodge Recreation Activities



St. Patrick's Day

St. Patrick's Day will be celebrated with Games, Green Non-alcoholic Beer and Pizza rolls.

Easter

Easter they will have crafts and special treats on each unit.



Mother's Day

In May they will celebrate Mother's Day with spa pictures and speciality ladies drinks.

EMPLOYEE HIGHLIGHTS

The past three months we have celebrated with our Annual Staff Appreciation and Long Service Event, Recreational Therapy Month, Social Worker Month, Maintenance Workers Appreciation Day and Nutrition Month!

We appreciate any opportunity to highlight and recognize our hard working and dedicated staff!



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Fred Douglas Heritage House Recreation Activities

- Our tenants at Heritage House enjoyed themselves at our January birthday party with Bob Fleury then a February birthday party with Rollie & Friends.
- January 8th, our tenants enjoyed a lunch out to the mall and on January 13th they walked to the mall for an ice cream treat!
- February 5th they welcomed a furry friend courtesy of the Humane Society.
- February was a flurry of activities including a pre-valentines visit on February 11th from the YMCA Daycare and the children were gifted with stickers to take home. They read stories and colored with our tenants! On Valentines they enjoyed a Valentines Day Team and decorated Valentines cookies.
- Tenants went to Cherry Creek Cafe for a monthly lunch outing on February 19th and enjoyed the view from the restaurant reminiscing about the days of Portage Place and Hudsons Bay Company and Eaton's.
- on February 25th, Chris Scholl attending with his ever-energizing Wellness Drumming.



FRED DOUGLAS LODGE MAINTENANCE



FDL is fortunate to have two dedicated maintenance professionals who consistently demonstrate pride in their work and a deep commitment to our residents. I would like to introduce to you Redentor Marquez (Red) and Flemery Torrato (FJ).

Red studied Hotel Restaurant Management in the Philippines before moving to Canada. He later trained as a 5th Class Power Engineer and completed a practicum at FDL, where he has worked for the past 10 years. FJ previously led the Electrical Department at an electrical/mechanical firm in the Philippines. Seeking a more hands-on role, he joined FDL and has made it his professional home for the past six years.

Both Red and FJ view their roles as more than routine maintenance—they treat the facility as if it was there own. Their proactive approach and attention to detail ensure that FDL remains safe, comfortable, and well maintained for residents and staff. They routinely identify small improvements that prevent larger issues and contribute to a more efficient, welcoming environment.

Red recalls the satisfaction of independently replacing a motor early in his tenure. He fondly remembers responding to an overnight emergency involving lack heating and flooding; after assessing the situation in the crawlspace, he concluded that he would need an expert to complete the fix. Red stayed on site for two hours until the contractor resolved the issue.

This sound like a normal day, only difference is it happened at 1:00 am!

FJ has his own over night emergency call – he once responded at 2:00 a.m. to a nurse’s call of an unusual noise in a resident’s room. After trying to troubleshoot the noise on the phone, he made his way down to the Lodge. A brief inspection revealed a simple fix—resetting the air-assisted flush—and the issue was resolved quickly, within minutes. While onsite he then offered to check for any other concerns. Remember this is at 2:00 am.

FRED DOUGLAS LODGE MAINTENANCE

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Both actively pursue ongoing learning to keep their skills current. Their interaction allows them to trust one another and respectfully share knowledge with one another to expand their capabilities. This commitment to professional growth helps FDL reduce downtime, improve safety, and maintain compliance with building and equipment standards.

Red and FJ share a strong professional bond that benefits the entire facility. FJ credits Red's mentorship with helping him gain confidence and fully apply his skills. They collaborate regularly with staff to prioritize work orders and minimize disruption.

You'll often find them at lunch in the maintenance office, collaborating on ways to increase efficiency and make every minute count. Their enthusiasm for learning and their dedication to residents and staff make them invaluable members of the FDL family.

Residents frequently express appreciation for the prompt, courteous service they receive from Red and FJ. Small repairs often make a meaningful difference in the resident's daily life. A simple smile from a resident reinforces the fact that they both made the right commitment to be part of the FDL family. Their respectful interactions and clear communication help build trust and contribute to a positive living experience for the residents of FDL.

Their enthusiasm for learning and dedication to residents and staff make Red and FJ invaluable members of the FDL family. Their work reduces risk, improves comfort, and preserves the long-term value of our facility.

If you have any content suggestions for upcoming newsletters, please reach out to Chantelle at ccalder@freddouglas.ca