

September Birthdays

Vesela F.	Sept. 1	Stanley H.	Sept. 28
Jean G.	Sept. 3	Gerald B.	Sept. 29
Linda R.	Sept. 3	Michael K.	Sept. 30
Samuel A.	Sept. 19	Khan H.	Sept. 30

**Birthday Tea** - music by the Prickly Pair Band  
**Thursday, Sept. 12, 1:30 pm in the MPR**



Find out what it means to us  
*Remind yourself we always have a reason to be grateful and to offer someone else a smile!*

Activities while visiting your loved one

- ♦ Take a stroll outside or inside if the weather is not nice
- ♦ Manicures
- ♦ Hand massage with lotion
- ♦ Gentle shoulder/back rub
- ♦ Read a short story out loud
- ♦ Look at family pictures
- ♦ Visit with a pet
- ♦ Share a treat (check diet texture first)
- ♦ Sing old familiar songs
- ♦ Listen to their favorite music
- ♦ Sit quietly with your arm around them
- ♦ Look at a magazine together
- ♦ Bounce a small ball back and forth
- ♦ Putting together nuts and bolts (borrow from Rec Dept)
- ♦ Pass a balloon to each other (play keep off the floor)
- ♦ Large piece jigsaw puzzles (borrow from Rec. dept)
- ♦ Reminisce using photos from their childhood or yours
- ♦ Stroll through the building for scavenger hunt pictures

**FAMILY COUNCIL MEETING**  
Sept. 18  
1-2:30 pm  
MPR



Welcome **Garrison Duke** as the new Executive Director of Buchanan Lodge. Garrison brings a wealth of experience, with many years working in the non-profit sector and over a decade of executive leadership. Garrison previously held the position of COO of DIVERSEcity Community Resources Society. Garrison holds an MBA from the Beedie School of Business at SFU. Let’s join together in welcoming Garrison!



**We’ve been busy adding to the Buchanan family this year. Welcome to all our new staff who’ve joined us since January 2024!**

Akwu-Bishop, Rhoda	RCA
Aristoteles, Michelle	RCA
Asuncion, Kristine	LPN
Balbeso, Paul J.	Food Service
Bautista, Willie	RCA
Bernoe, Christian	Maintenance
Buno, Arnel	Food Service
Deol, Harpreet	Food Service
Dioses, Arlene	RCA
Duraisamy, Rajee	RN
Gagen, Zaira F.	LPN
Gidwani, Sajan	RN
Guron, Harmeet	LPN
Ibay, Sheryl A.	LPN
Jackson, Ian A.	HCSW
Javier, Rosemarie	RCA

Kaur, Navanpreet	RCA
Kielstra, Thallula	RCA
Kim, Sun-Hye	Activity Aide
Lal, Josiah	RCA
Lee, Sharon	Food Service
Liang, Amy	Clinical Care Cdnr
Madumere, Joy	LPN
Monang, Lecil	HCSW
Odubote, Adetoun	RN
Oreiro, Joanne	RCA
Palmero, Kimberly	RN
Pannell, Samantha	HCSW
Parinas, Melanie	RCA
Sandhu, Mandeep K.	LPN
Sohi, Paramjit	RCA
Tiboldec, AJ	HCSW

BUCHANAN LODGE

September



The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.

From dewy lanes at morning  
The grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.

By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.

But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.

'Tis a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.

Helen Hunt Jackson

INSIDE THIS ISSUE:

August Memories	1
September Devotion	2
Events	3
Birthdays	4

Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

SEPTEMBER 2024



Precious Memories



Trudy was a medalist at the Buchanan Olympics!



Gold medal racquetball finals - look at the intensity!



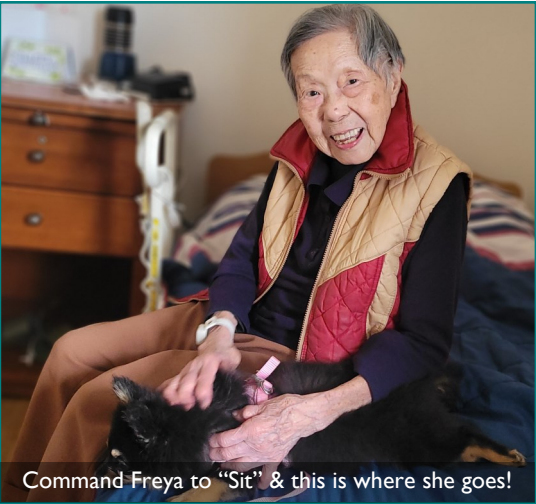
Malcolm & Xiang show off their new "tats"!



Margaret (with Daisy) and her birthday bonnet



Apparently, Duncan had a very happy birthday!



Command-Freya to "Sit" & this is where she goes!



# Thought for September

## O Yes, He Cares!

I have this song stuck in my head, and I don't mind. As I write this we had just listened to the hymn, "Does Jesus Care?" as part of our Spiritual Reflections.

The composer, Frank Graeff, a Methodist pastor in Philadelphia, was normally so cheerful he was known as the Sunshine Minister. But like a solar eclipse, sometimes the sunlight in our life is overshadowed by difficult challenges, like some of us may be experiencing right now! For Rev. Graeff it was a painful prolonged illness which led to deep despondency and doubt. He really wondered for the first time if Jesus did care.

But after turning to God's Word, He experienced an inexplicable peace when he read the words "Give all your worries and cares to God, for He cares about you!" (1 Peter 5:7 NLT). That's when the inspiration hit him for the chorus:

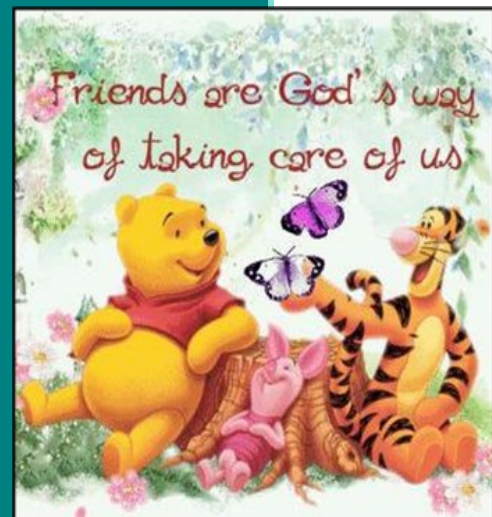
*O yes, He cares - I know He cares!  
His heart is touched with my grief;  
When the days are weary,  
the long nights dreary,  
I know my Savior cares.*

According to the picture below, featuring Tigger, Piglet and the Pooh: "Friends are God's way of taking care of us!" The Chaplains of Buchanan like to think of themselves in that way - your friends offering God's care whenever you need Him.

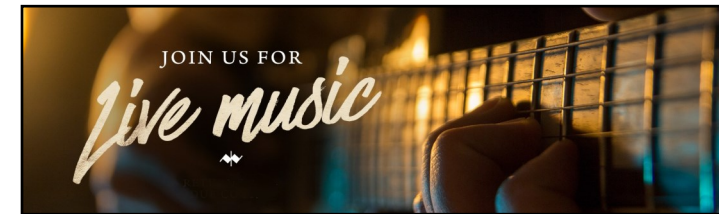
Well, our circle of friends has just grown again. We've welcomed to our current team of caring part-time chaplains (Ross, Lynn, Ed and me) some new "spiritual care volunteers". They will be offering extra companionship and spiritual support to our residents through extended one-on-one visits. Each of these volunteers, as well as our four chaplains, have been well-trained in providing pastoral care. But what qualifies them the most for what we all do here is how much they genuinely care!

Let's all get these words stuck in our heads, and hearts:  
"Oh yes, He cares - I know He cares!"

Chaplain Rob Buzzza



Give all your  
worries and cares  
to God, for He  
cares about you!"  
(1 Peter 5:7 NLT).



**September Entertainment 1:30-2:30 pm - MPR**

**Sept. 6 - Elvis is in the building!**

Sept. 12 - Prickly Pair Band for the B'Day Tea

Sept. 14 - Alastair in Magnolia

Sept. 19 - Vaudevillians Vaudeville Show

Sept. 21 - Steve Marriot

Sept. 28 - Prickly Pair Band



Our much-loved annual DOG SHOW is on for September 26, 1:30 pm in the MPR. If you have a well-behaved obedient dog you want to enter please connect with Recreation [patricia.foley@salvationarmy.ca](mailto:patricia.foley@salvationarmy.ca)

## SPIRITUAL HEALTH Fall Schedule 2024

**Mondays**  
SPIRITUAL REFLECTIONS  
Rose at 10 am | Willow at 11 am

**Tuesdays**  
SPIRITUAL REFLECTIONS  
Camelia at 10 am | Magnolia at 11 am

**Wednesdays**  
MASS - 1<sup>st</sup> Wednesday at 11 am  
COMMUNION - 3<sup>rd</sup> Wednesday at 11 am

**Thursdays**  
CHAPELS  
Rose at 10 am | Willow at 11 am

**Sundays**  
Camelia at 10 am | Magnolia at 11 am



**The highlight of our year is when the  
Elvis Tour comes to Buchanan  
September 6 in the MPR  
from 1:30-2:30 pm  
the one, the only, ELVIS - uh huh!**



**The Vaudevillians will be here  
September 19, 1:30-2:30 pm in the MPR**



Take a stroll up on the 2<sup>nd</sup> floor with your loved one and hunt for the pictures of 12 different kinds of apples. Below each apple is an explanation of the type of apple and its characteristics.

On the main floor, from the reception area through to Magnolia, hunt for the pictures of the 8 different BC tree leaves. Below the picture is a description of the leaf and its characteristics.

I would love feedback about this new interactive experience for you and your loved one. Feel free to drop by the Recreation office or email me with your feedback  
[patricia.foley@salvationarmy.ca](mailto:patricia.foley@salvationarmy.ca)