

September Birthdays

Vesela F.	Sept. 1	Joseph T.	Sept. 20
Jean G.	Sept. 3	Clinton E.	Sept. 21
Linda R.	Sept. 3	Gerald B.	Sept. 29
Shirley E.	Sept. 16	Daniel K.	Sept. 30
Larry A.	Sept. 16	Khan H.	Sept. 30



Remind yourself we always have a reason to be grateful and to offer someone else a smile!



**Birthday Tea**  
Thursday, Sept 21 - 1:45 pm  
Rose Garden (& Willow)

We’ve been busy adding to the Buchanan family this year.  
Welcome to all our new staff who’ve joined us since January 2023!

Erica Aguiar	RN	01.11.2023
Christine Saflor	LPN	01.11.2023
Rosita Pugosa	Care Aide	01.11.2023
Christine Park	LPN	01.17.2023
Swetha Nand	LPN	01.26.2023
Jessica Chuang	LPN	01.23.2023
Jemillah Melad	LPN	
Rajwinder Gill	Food Service Worker	01.24.2023
Joy Ann Martinez	RN	03.02.2023
Maricel Misterio	LPN	03.03.2023
Mihaela Tudosa	LPN	03.03.2023
Kai Jang	LPN	03.03.2023
Monica Sridharan	RN	03.20.2023
Hariel Dimasalang	RN	-
Colleen McNabb	Activity Aide I	03.13.2023
Ed Chiu	Spiritual Health	03.27.2023
Ravdeep Boyal	LPN	03.10.2023
Rens Mae Quintal	LPN	
Charity Ozioko	Visitation	04.12.2023
Pawanpreet Kaur	Visitation	04.11.2023
Gabriel Dela Cruz	LPN	
Mani Brar	Visitation	04.06.2023
Mae Bangibang	RCA	04.18.2023
Jowela Palo	LPN	04.25.2023
Alona Gabo	LPN	
Lana Sartorio	Activity Aide II	
Esther Adeyinka	Visitation	05.05.2023
Rubina Senapati		
Ariana Safdari	Activity Aide II	05.23.2023
Harman Aujla	RCA	05.28.2023
Mark Limon	HCSW/HCAP	05.23.2023

Pia Agojito	HCSW/HCAP	05.23.2023
Leah Fabrigar	Activity Aide I	05.29.2023
Joanne Puline Camua	RCA	05.30.2023
Sheila Omallao	RCA	06.01.2023
Jemima Timbol	HCSW/HCAP	05.22.2023
Joseph Carlo Sac	LPN	06.09.2023
Zhu Ran Zhang	Rec Coordinator	07.04.2023
Verolyn Licerio	Receptionist	06.05.2023
Danielle Normand	HCSW/HCAP	06.01.2023
Samson Kwok	Summer Program	06.08.2023
Reggienald De Vera	HCSW/HCAP	06.26.2023
Candice Williams	Unit Clerk	06.15.2023
Mamta Mamta	HCA	
Aprilynn Penano	LPN	08.10.2023
Caroline Ragasa	HCA	
Daniel Park	Visitation	06.16.2023
Clinton Owusu	HCA	06.13.2023
Jessa Camille Carlos	LPN	06.27.2023
David Nam	HCSW/HCAP	06.30.2023
Peter Kim	FSW	
Marilyn Lapidario	LPN	07.14.2023
Dilpreet Sidhu	HCSW/HCAP	
Michelyn Diez	LPN	
Manpreet Jawanda	LPN	
Priyanka Dass	HCA	
Mildred Orzame	LPN	
Michelyn Diez	LPN	
Elsha Stewart	Social Worker	
Neri Sanchez	LPN	
Rupaldeep Sandhar	LPN	
Tuamay Berhe	HCA	

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

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Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

SEPTEMBER 2023



Precious Memories



Cheers to "sittin' on the dock of the bay, watchin' the tide roll away!"



Dean Martin & his swooning fans



Joan's one square away from Bingo



Carly & Kayla win best in show for world's cutest dogs



Terry's trying to bribe the Bingo caller



As usual, Helga's the center of attention



## Thought for September

make  
good  
choices

It's September and, as school starts up again, moms everywhere will remind their kids: "make good choices!" Usually they are referring to behaviour but the first choice we make each day is the one which determines everything we say and do. To have a great day we need to choose the right **attitude**.

Some people think their attitudes are predetermined: "I can't help it, it's who I am!" Or they might blame others for the way they feel: "you make me so mad!" The truth is, our attitude is one thing we can always choose, and sometimes it's the only thing.

Paul the Apostle, while languishing in a Roman jail awaiting execution, wrote these words: "I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength." Just before this he said: "Rejoice in the Lord always. I will say it again: rejoice...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things (Phil. 4:4,8,11-13). Paul could have spent his days complaining about his aches and pains, his dank cell, prison slop, cruel guards, the unfairness of life. He had reason to blame his miserable circumstances on religious leaders, racist oppressors, corrupt governments, and perhaps even God. But this short letter he sent to encourage the church of Philippi includes 16 references to joy and rejoicing.

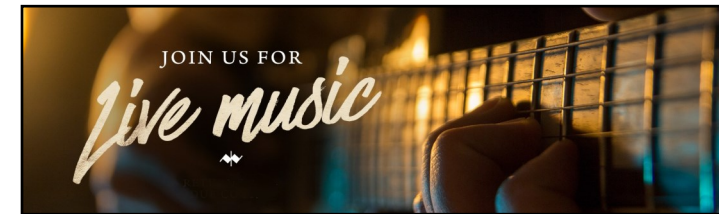
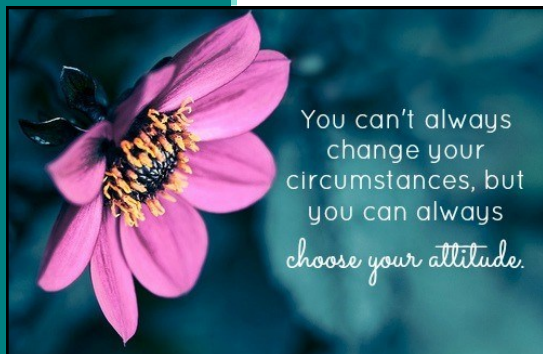
This is what I see here at Buchanan. Outside these walls and around our world we see increasing attitudes of entitlement, the expectation of unearned rights, and the constant complaining and blaming when these unrealistic demands are not met. There is a serious lack of contentment, of joy, of gratitude, of peace in our self-centered world. But here in this haven I see many inspiring elders, family members, and staff who find purpose in each day, reasons to be grateful, and genuine joy. Their zest for living is infectious, generously expressed through twinkling eyes, big smiles, thoughtful gestures, kind words, and heartfelt praise to God for the ordinary miracles of life.

These are people who listened to their moms and to God's Word, and who make good choices every day. They've discovered that "you can't always change your circumstances, but you can always choose your attitude!"

Chaplain Rob Buzza

You can't always  
change your  
circumstances, but  
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choose your attitude.

Here in this haven  
I see many inspiring  
elders, family  
members, staff  
and volunteers  
who find purpose  
in each day,  
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**Sept 9** - Sat. 1:30 pm Magnolia - Prickly Pair Band  
**Sept 16** - Sat. 1:30 pm Camelia - Dave O'Malley  
**Sept 21** - Thurs. 1:45 pm B'Day Tea Rose/Willow  
**Sept 23** - Sat. 1:45 pm Rose/Willow - Alastair  
**Sept 27** - Wed. 1:45 pm Camelia - Alastair



### BUSTRIPS

Tuesday Sept. 5  
1:30 pm  
 Wed. Sept. 20  
1:30 pm  
 Weather permitting

## SPIRITUAL HEALTH FALL 2023

### 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

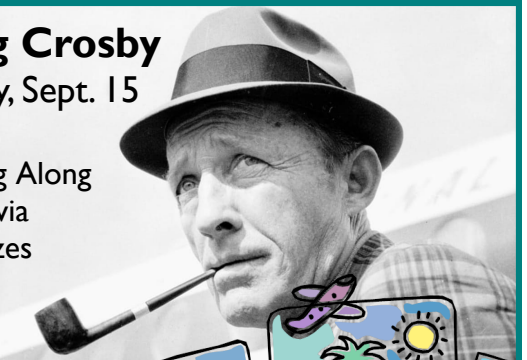
Oldies  
but  
Goodies

### GOLDEN OLDIES

### Bing Crosby

Friday, Sept. 15  
MPR

- \* Sing Along
- \* Trivia
- \* Prizes



### ARMCHAIR TRAVEL ITALY pt 2



Travel back to Italy  
with Chaplain Rob  
Monday, Sept. 25, 2 pm MPR