

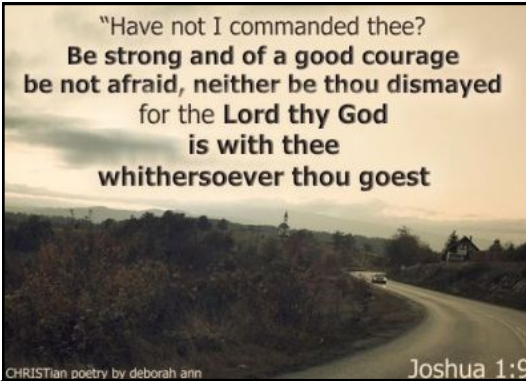
January Birthdays

Lucy C.	Jan. 02	Lynda P.	Jan. 12
Sylvia W.	Jan. 02	Victoria G.	Jan. 21
Roxanne M.	Jan. 02	Doreen M.	Jan. 22
Jean H.	Jan. 05	Gerri A.	Jan. 24
Megan B.	Jan. 08	Mary B.	Jan. 25
Norma E.	Jan. 11	Olive C.	Jan. 27
Reginald C.	Jan. 11	Joseph M.	Jan. 29
Teresa B.	Jan. 10	Art H.	Jan. 30
		Andre N.	Jan 31



Birthday Tea
 Tuesday @ 2 pm
 Jan 10 for
 Rose & Willow
 Featuring Alistair

Blessings to You in the New Year
 May peace fill your world,
 May love fill your home
 With contentment and happiness, too—
 In wonderful ways
 May this year of new days
 Be filled with sweet blessings for you.
 Happy New Year



Be the first to improve the look of our home (e.g. picking up litter, straightening pictures, wiping up small spills, etc.)



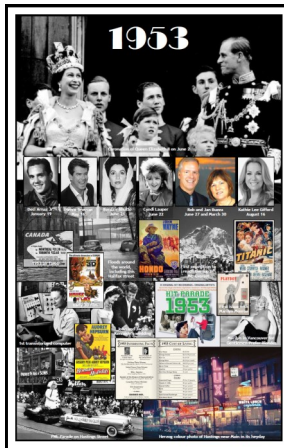
Birth Year Posters

We hope the residents who moved in last year enjoyed opening their Christmas present and reminiscing about the events of their birth year. We will replace the resident's photo if a family member wants to email a better one in jpeg form to Rob.Buzza@buchanan-lodge.com.

Available for Orders

We now have birth year poster templates from 1908 -1965 so if you would like to have an individualized one for yourself, friends or family members, they can now be ordered through the Chaplains. The cost is \$20, including the 11X17 frame, and the proceeds will be used to enhance the Spiritual Health Programs for the residents.

It's the perfect birthday gift idea!



Lord, as I navigate,
 through yet another year
 I'm going to need You . . .
 to stay close and near.

If I am to chart out,
 a new course for each day
 I'm going to need You . . .
 to shed light on my way.

As I try to plow through,
 the obstacles I'm able
 I'm going to need You . . .
 to keep my trust stable.

If I'm going to weather,
 each storms out at sea
 I'm going to need You . . .
 to keep Your eyes on me.

Lord, as I navigate,
 through yet another year
 I'm counting on You . . .
 to give me faith over fear!

BUCHANAN LODGE



Buchanan Buzz

NEWS FROM 409 BLAIR AVE.

JANUARY 2023

Precious Memories



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Thought for January

Mark Twain once said that “New Year’s is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls, and humbug resolutions.” Someone else, less famous but just as astute, said “a New Year’s resolution is something that goes in one year and out the other.”

While the optimist within me wants to reject these cynical words, I have to admit the element of truth. Just watch the stampede of chubby joggers hitting the streets on January 1. A month later their waistlines may not be thinner but their numbers definitely will be!

So can we really change? The Bible promises that we can, especially if the Ultimate Change Agent lives inside of us. Paul the Apostle says to all of us who believe: *we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit (2 Corinthians 3:18).* The word “transformed” is translated from the greek word “metamorphoo,” from which we also get our word “metamorphosis.”

A dramatic illustration of that word in nature is the fascinating transformation of the milkweed caterpillar into a beautiful monarch butterfly. When we look at that fat, rather unattractive larvae pigging out on milkweed leaves, it is hard to believe that it will only take two weeks to slim down, sprout colourful wings, and take flight! While there is an outward shedding of old caterpillar skin, most of the change is from the inside out – a genetic miracle!

So it is when we have the Creator of the Universe living inside of us. He can transform sinners into saints, old into new, death into life.



We can set resolutions with confidence if our first is to walk out each day of the coming year with the One who makes all things new!

Chaplain Rob Buzza



A New Year's resolution is something that goes in one year and out the other.

Coming Soon



We are welcoming 2023

Jan. 3 & 5

Tuesday, Jan. 3 @ 2 pm

Rose & Willow

Thursday, Jan. 5 @ 2 pm

Magnolia & Camelia

Sparkling Toasts, Trivia, and Treats

Special music with Prickly Pair

(Jan 3) and Alistair (Jan 5)

SPIRITUAL HEALTH

CURRENT 2023

Mondays

SPIRITUAL REFLECTIONS

Rose at 10 am | Willow at 11 am

Tuesdays

SPIRITUAL REFLECTIONS

Magnolia at 10 am | Camelia at 11 am

Thursdays

CHAPELS

Rose at 10 am | Willow at 11 am

Sundays

CHAPELS

Magnolia at 10 am | Camelia at 11 am

MASS - 1st Wednesday at 11 am

COMMUNION - 3rd Wednesday at 11 am

FESTIVE FURNITURE FUNDRAISER



Our last annual Christmas Fundraiser project involved raising \$20,000 to replace our old donated reclining chairs. The old recliners had to be removed from resident lounges as part of infection control protection against Covid. Chair materials were of a soft, porous texture which made them difficult to clean and impossible to fully sanitize. The new chairs, which arrived just in time for Christmas, are designed for durability and frequent cleaning. The residents and staff thank you all for donating and making our lives safe and comfortable!

Thank you!



Magnolia



Reception



Staff Room



Magnolia



Camelia

