

October Birthdays



Happy 28th Birthday Bertie!!



Birthday Tea

Wednesday
October 30
@ 2:30 pm
in the MPR
with Wayne Usselman



James M.	Oct. 2	Kisa N.	Oct. 20
Jim B.	Oct. 5	Yau Fung H.	Oct. 26
Ruth E.	Oct. 10	Charles B.	Oct. 26
Bessie W.	Oct. 12	Sandra S.	Oct. 27
Ying C.	Oct. 16	Mercedes G.	Oct. 28
Ken Z.	Oct. 16		

FLU PRECAUTIONS

As we approach the flu season we are recommending the following precautions for families and visitors:

- Do not visit if you are sick.
- Wash your hands before and after visits and use the alcohol-based hand sanitizer located throughout the Houses.
- Visit only one resident and check in at the Nursing Station if visiting a House in Outbreak status.
- Cover your mouth with your elbow when sneezing or coughing.
- The Flu Shot is recommended for all visitors; otherwise masks are provided for your use.

Buchanan's Annual Fall Fair

Saturday, November 16 from 10-2 pm

CALL TRISH @ 604 636 3654
IF YOU WISH TO CONTRIBUTE TO THE BAKE SALE OR DONATE ITEMS FOR THE WHITE ELEPHANT SALE - EG. HOUSEHOLD ITEMS, SMALL APPLIANCES, NIC NACS, JEWELRY, PURSES (NO BOOKS, VHS TAPES, OR CLOTHING).
THANK YOU!



Menu
On Sunday, Oct. 20, we switch from the Summer Menu to the Winter Menu Week 3.

Keep tuned for suggestions in the Buzz and on the reception TV from the staff & volunteers who attended our RESPECT In-service, like...

Remember to always wear a name tag displayed prominently (paper ones are in the nurses stations if you forget).



CHOCOLATES

Christmas Fundraiser

The Purdy's catalogue is available at Reception or from Trish. Submit and pay for orders by cash, cheque or online. Online orders: www.purdysgpp.com. Go to home page, click "register" to start, click "create account," fill out the information, enter Buchanan's customer #31808, click "Join Group," click "go to home page," click "shop on line" from the bar at the top.



RESPECT



Find out what it means to us

BUCHANAN LODGE



MARK YOUR CALENDARS

Resident Council
Monday Oct. 7
10:30 am in Rose Garden

Family Council
Friday Oct. 11
11 am in Boardroom

Fall Fair
Saturday Nov. 16
10-2 pm
Hand-made gifts and stocking stuffers for Christmas, home-made baked goods, samosas, perogies, white elephant sale, silent auction and fabulous vendors.

Volunteering?
Please contact Trish Foley 604 636 3654 or Trish.Foley@buchanan-lodge.com

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Buchanan Buzz

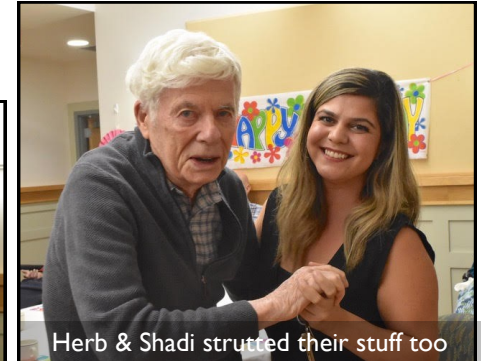
NEWS FROM 409 BLAIR AVE.

OCTOBER 2019

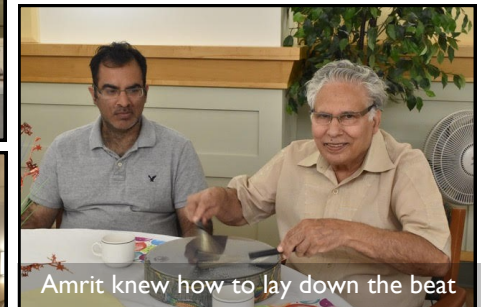
Precious Memories



Sarah learned some new dance moves from Reg



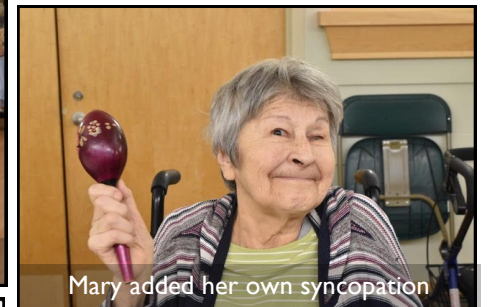
Herb & Shadi strutted their stuff too



Amrit knew how to lay down the beat



Square dancing is a misnomer - it's cool, not "square"!



Mary added her own syncopation



Our happy volunteers made "dough" for the Fall Fair



Cindy's the trouble-maker, not Tony!

Thought for October



I am convinced that life is 10% what actually happens to us and 90% how we react to it.



There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today!" So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmmm," she said, "I think I'll part my hair down the middle today!" So she did and had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Okay," she said, "today I get to wear my hair in a ponytail!" So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yea!" she exclaimed, "I don't have to fix my hair today!"

While that story may not be true, the moral is. Those who choose an attitude of gratitude each day tend to be happier, healthier, and more fulfilled. Thankfulness reduces stress, lifts depression, and apparently improves our heart rate and blood pressure. It also does wonders for our social life – people are attracted to those who trade in expectation for appreciation.

Charles Swindoll once wrote: "The longer I live, the more I realize the impact of attitude on life. It is more important than education, than money, than failures, than successes, than circumstances, than whatever anyone might say or do. It is more important than appearances, giftedness or skill.

"The remarkable thing is that we have the choice to create the attitude we have for that day. We cannot change our past. We cannot change the way people act. We cannot change the inevitable. The one thing we can change is the only thing we have control over, and that is our attitude. I am convinced that life is 10% what actually happens to us and 90% how we react to it."



Paul, the apostle, said it even better, thanks to the inspiration of God Himself: *Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.* (1 Thess. 5:16-18). Let's take these words to heart, not just on Thanksgiving weekend, but throughout the month of October - good hair day or not!

~ Chaplain Rob Buzza



Coming Soon

AGM

Annual General Meeting

Buchanan's AGM Tea

Thursday October 10
2 - 4 pm in the MPR



Any family members interested in helping to make perogies for the Fall Fair please contact Trish Trish.Foley@buchanan-lodge.com
Instruction provided. Meet in the MPR:
Thursday, Oct. 3, 1-4 pm
Friday, Oct. 11, 1-4 pm
Thursday, Oct. 24, 1-4 pm



Mellowdares Choir
perform Wednesday, Oct 16
at 2 pm in the Multipurpose Room



ITALIAN Dinner Party

Thursday, Oct. 17
5pm in the MPR

Spaghetti & meatballs
Caesar salad
Garlic bread
Tiramisu
San Pellegrino soda

Cost: \$20 per person
Entertainment: Liat-Flamenco Dancer at 6 pm



Elvis & Rod Stewart performing Saturday, Oct 19
2 pm in the MPR - Minimal charge of \$5 per person

ALPHA

Every Tuesday
2-3 pm from
Sept. 24 -
Nov. 12

For residents, family members, staff or volunteers. Register with Spiritual Health.



Sunday Oct. 27
2:30 pm in Willow Creek
3 pm in Rose Garden
Salvation Army Hymn Sing



Federal Election

Monday, October 21, 2019
Canadian citizens - Exercise your rights and privileges by voting in the MPR.
Times will be announced.