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SEPTEMBER

by John Updike

The breezes taste
Of apple peel.
The air is full
Of smells to feel—
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze.

Dundas Manor

September 2026





From the Administrator's Desk...

We had a wonderful summer here at Dundas Manor. Many fun events and enjoying outdoors! Hope you have followed our social media pages as we share as many events as we can 😊

Our Resident and Family Satisfaction Survey is *STILL OPEN* – see link below or use the QR code. We would like to close the survey monkey by end of September so we can prepare the results to share with all of you and make our plans for any improvements required. Thanks for taking the time to provide your feedback to us!

We have worked with all our current staff to select their new positions for the new Dundas Manor. Hats off to each employee for being so collaborative and supportive of the process. Once fully complete, we will know the number of external candidates we will be required to hire. Great job TEAMDUNDASMANOR!!



<https://www.surveymonkey.com/r/GKT92SM>



***With respect,
Susan Poirier***

Updates from the Dietary Department~

As we welcome the month of September, we would like to take a moment to share some of the highlights and updates from the Dietary Department throughout August.

August gave us the opportunity to continue enjoying the summer season with our residents. Our weekly BBQ Wednesdays remained a favorite, and we continued to enjoy a variety of meals and outdoor dining opportunities. Although we had one rainy Wednesday, we did not let the weather stop us from enjoying our BBQ tradition!

We also had the opportunity to enjoy some delicious corn on the cob, a true summer favorite. In addition, we introduced ginger ale during our BBQ days, adding another refreshing option for residents to enjoy alongside their meals.

Throughout the month, we were also pleased to welcome new residents to Dundas Manor. We continue to work on making mealtimes enjoyable and accommodating the different needs and preferences of everyone who calls Dundas Manor home.

We have also been working on introducing new desserts and expanding the variety of options available to our residents. This includes additional gluten-free meals and desserts, as well as more sugar-free goodies and dessert options. Our goal is to continue offering enjoyable choices while accommodating the dietary needs and preferences of our residents.

As we continue to move forward, the Dietary Department remains committed to improving the variety, quality, and consistency of the food and dining experience we provide. We are always looking for opportunities to make mealtimes more enjoyable and meaningful for our residents. Thank you to our residents and families for your continued support, patience, and feedback. We look forward to sharing more updates and enjoyable dining experiences with you in the months ahead.

Warm regards,

Andrea Munoz,

Nutritional Manager



As summer gently gives way to autumn, we are looking forward to a busy and meaningful September at Dundas Manor! This month, we are proud to celebrate our Residents' Council and the incredible partnership our residents share with the leadership team. Through Residents' Council, residents have an important voice in our home, providing valuable input on meals, programs, daily operations, and the many happenings that make Dundas Manor such a special place. We are grateful for their engagement, ideas, and commitment to helping our home continue to grow and thrive.

September also brings our annual celebration of all things' apples! As we prepare for Applefest on September 22, residents will enjoy learning about local apple varieties while sampling delicious apple crisps, fresh cider, and donuts throughout the month. Nothing says autumn in our community is quite like the taste and aroma of apple season!

We're hoping to enjoy a few more rides on our bikes before the cooler weather arrives, including participation in the Grand Parade Fundraiser on September 19. We look forward to cheering on everyone involved as we raise awareness and support for our home.

We are delighted that our friends from St. Paul's Church have invited us back for a Sunday morning service and fellowship gathering on September 13. We always appreciate the warm welcome and opportunity to connect with members of the community.

Supporting those who care for others is also important to us. On September 8, Pastor Mel will host a pair of Care for Caregivers sessions, offering encouragement, reflection, and prayer for our dedicated team members. Later in the month, we will come together to honor Truth and Reconciliation Day through an Indigenous learning circle, providing an opportunity for learning, reflection, and meaningful conversation.

Residents will also enjoy a special coffee outing to Marg Countryman's on September 15, along with Glamour Shots on September 16, which are always a fun opportunity to dress up and capture some memorable smiles.

As we look back, we cherish the many wonderful outings and adventures we enjoyed throughout the summer months. Thank you to everyone who helped make those experiences so special. Of course, our regular favorites continue throughout September! Watch for plenty of Bingo, and entertainment from Cholly, The Shirreffs Brothers, Marleen Fawcett, Colleen Monaghan, The 3 Bs, and Bonnie Wallace. Here's to a September filled with friendship, laughter, learning, and wonderful moments together in our cozy country home.

I remain grateful to be your Activity Director,
Jennifer Hill



Martin V
Janice R



Norman M
Bert L
Allan M

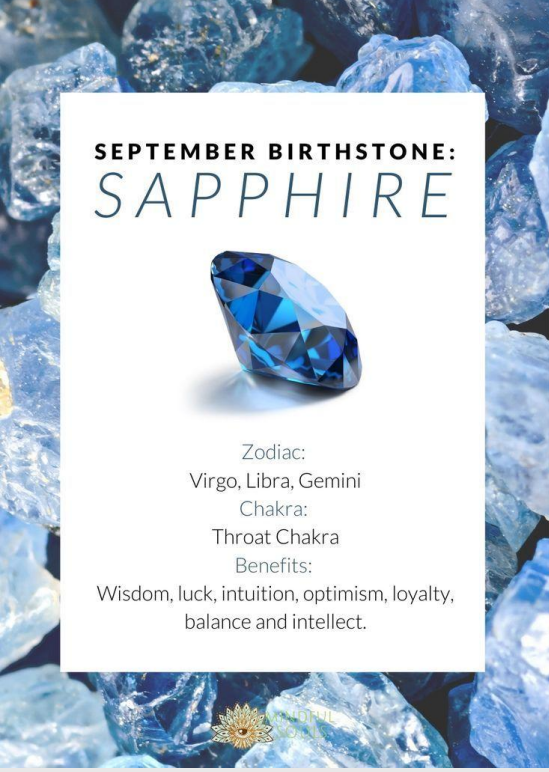
SEPTEMBER BIRTHDAYS



Betty B 93 yrs young
Ron D 75 yrs young
Elsie K 84 yrs young
Marilyn L 76 yrs young
Margaret M 78 yrs young
Eloise R 96 yrs young
Joyce S 97 yrs young
Doris S 88 yrs young



SEPTEMBER BIRTH FLOWERS
ASTER
Asters once symbolized revolution. They were used to honor soldiers lost in war.
MORNING GLORY
This fast-growing vine has long been a symbol of love—both undying and unrequited.



SEPTEMBER BIRTHSTONE: SAPPHIRE

Zodiac:
Virgo, Libra, Gemini
Chakra:
Throat Chakra
Benefits:
Wisdom, luck, intuition, optimism, loyalty, balance and intellect.

REDEVELOPMENT UPDATE



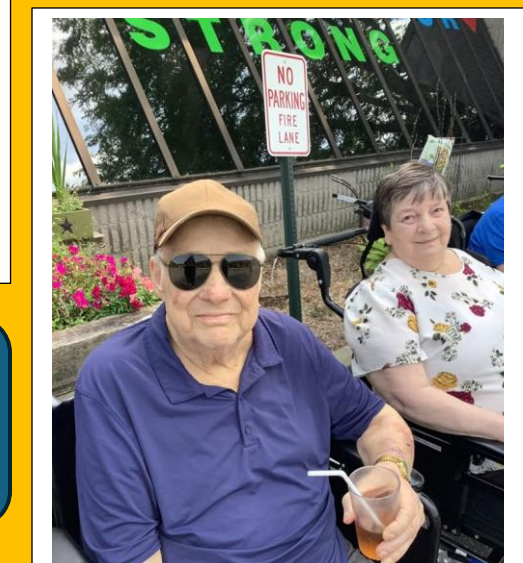
Here are some September updates:

- Fire alarm testing starting
- Walk in freezers being installed
- Flooring complete
- Some curbing needs to be re-done and landscaping to start



We provided the Frecon team and their subcontractors with a BBQ thank you on August 27th! We are almost there...together!

Thanks to everyone working so hard to move this beautiful home forward for 128 residents to call home!



A fun tractor parade

FUNDRAISING RAFFLE



*All Proceeds will go to the Dundas
Manor Activity Fund*

1ST PRIZE MANOR QUILT

2ND PRIZE VINTAGE JEWELLERY SET

3RD PRIZE COUNTRY BASKET OF GOODIES

TICKETS 1\$ EACH

PLEASE SEE ACTIVITY TEAM

TICKETS are on sale NOW!

One of our beautiful Manor Quilts is being raffled off!
Our volunteers come in faithfully each Wednesday morning and quilt away.

The quilt is on display in the Showcase. This will be the 1st prize.

2nd Prize is a gorgeous Vintage jewellery set

3rd Prize a Country Basket of goodies

All money raised will go to our Manor Activity Fund.

See the Activity Team for tickets!

If you would like some to sell...just come and we will give you a few books!

Draw Nov 3rd at 10:00 am

Pet Visits!

We love those furry friends! Just a reminder:

Formal Pet Visitation Programs have very clear guidelines required by the Ministry that we must follow for visits with pets. We require Police checks, proof of vaccination, forms of responsibility must be signed, and a staff member accompanies the volunteer and the pet.

Friendly folks coming in to visit their loved ones who are residents with their dogs are permitted as well. In this case, we ask you to just go see your loved one and not go throughout the home with your pet. All animals coming into the home must be up to date on vaccinations and have excellent temperaments. If other residents want to see family pets, this is also permitted. Hand sanitizer should be offered after visits.

Any questions, please reach out to *Jennifer Hill*.

Update to FOOTCARE BILLING

On your September resident billing, if you have consented to **FOOTCARE** by our preferred contractor, you will still see this service on your monthly invoice.

Following the September invoice, this will no longer be on your monthly Dundas Manor bill.

Tara Cook, owner of TLC's Soothing Soles Advanced Footcare will bill residents or families directly for any footcare after this date. Families will work independently with her for payment. This is usual practice in many other Long-Term Care homes, so we are implementing it this fall.

Any questions, please contact Tara directly at 613-861-8187.



September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Calendar Change 10:15am Baking for Tea 2:00pm Tuesday Tea 3:45pm Special Care Cart	2 10:00am Residents' Council Meeting 2:00pm What I Worked At	3 10:15am Church with Rev Daniel 2:00pm Lawn Bowling 3:45pm Chair Yoga 6:30pm Java Music	4 10:30am RC Communion 2:00pm Strolls 3:45pm Jewellery & Eyeglasses cleaning	5 10:15am Bingo 2:00pm Special Care Cart
6 10:30am Church with Clavin Pol 2:00pm Tuck Cart 	7 10:15am Travelling Trivia 2:00pm Bingo 	8 Hearing Aid Clinic 10:15am Library Visits with Joan and Jen 10:15am Pet Visits with Beth and Cody 2:00pm Tuesday Tea 3:45pm Special Care Cart Care for Caregivers at 10:30am and 3:00pm	9 8:30 Program Planning 10:15am Strength and Stretch 2:00pm "Obi and Chewy" Miniature Horses Visit	10 10:15am Communion with Rev. Melody 2:00pm Music with Cholly 3:45pm Chair Yoga 6:30pm Stories and Tea	11 10:15am Around the Table Chit Chat: Menu & Food Discussion 2:00pm Tribute to Shania Twain 3:45pm Jewellery & Eyeglasses cleaning	12 10:15am Bingo 2:00pm Murder She Wrote 3:45pm Montessori
13 9:30am Presbyterian Church Outing 2:00pm 1 to 1 visits	14 10:15am Pet Visits with Louise and Coco 2:00pm Baking for Tea 3:45pm Friends Gather	15 9:30am Coffee at Marg Countryman's 2:00pm Tuesday Tea 3:45pm Special Care Cart	16 10:15am Strength and Stretch Glamour Shots All Day 	17 10:15am Church with Rev. Ed 2:00pm Celebrating our Residents' Council with The 3 B's Performing 3:45pm Chair Yoga 6:30pm Bingo	18 10:15am Bonnie Wallace Performs 2:00pm Cheeseburger Slider Cart 3:45pm Jewellery & Eyeglasses cleaning	19 10:15am The Grand Parade 2:00pm Bingo 3:45pm Montessori
20 10:30am Church with Paul Hrkach 3:45pm 1 to 1 Visits	21 10:15am Apple Crisp Baking Class 2:00pm Bingo 3:45pm Friends Gather 6:30pm Joyride Performs	22 10:15am Let's Learn About Apples 2:00pm Tuesday Tea 3:45pm Special Care Cart Applefest	23 10:15am BradLee Bike Rides 10:15am Strength and Stretch 2:00pm Marleen Fawcett Performs	24 10:15am Church with Rev. Blair 2:00pm Music with Cholly 3:45pm Chair Yoga 6:30pm Call Out Category	25 10:15am Tea and Trivia 2:00pm Q-Tip Craft 3:45pm Jewellery & Eyeglasses cleaning	26 10:15am Heartbeats 2:00pm Bingo 3:45pm Montessori
27 10:15am Bible Study 2:00pm Apple Cider and Donut Cart 3:45pm 1 to 1 Visits	28 10:15am Pet Visits with Louise and Coco 2:00pm Indigenous Learning Circle 3:45pm Friends Gather	29 8:30 Program Planning 10:15am BradLee Bike Rides 2:00pm Doug and Peter Perform 3:45pm Special Care Cart	30 10:15am Strength and Stretch 2:00pm September Birthday Party with Colleen Monaghan Performing National Day for Truth and Reconciliation" Orange Shirt Day"			