

Here you are home!



AZUR
retirement homes
EXPANSION OF
THE COGIR FAMILY
P. 3

ÉRABLEMENT
BON!
P. 6-8

FADOQ'S
SENIORS GAMES
2012 EDITION
P. 10-11

We are proud to present you the summer 2012 issue of our newsletter. This issue, prepared for the benefit of all our residents, will be distributed in our 30 facilities across Quebec.

In this issue, you will find interesting spotlights on the AZUR retirement homes. We also share with you a few successes within our network. We hope that you will be as inspired by these success stories as we were!

We hope that you will enjoy reading this newsletter, and take this opportunity to wish you an excellent summer!

Best regards, The AZUR team

AZUR NEWSLETTER
SUMMER 2012

www.azuretirementhomes.com

AZUR – a year started on a passionate, busy note!



Dear residents, family and friends,

I would like to start by sending my warmest welcomes to the new private facilities that joined our family in the last few months – the network of 5 Jazz residences, as well as the St-Patrick in Quebec City, the Château Dollard in Dollard-des-Ormeaux and the Villa St-Georges in Victoriaville. We are proud to have these

facilities in our network, and are happy to have met new colleagues who share our values and our commitment.

Earlier this year, we developed an action plan to improve our daily actions – but first and foremost, to help us stand out in terms of customer service. To that effect, we launched an internal program to develop client relationship standards. This program includes a 2-day employee training session, where many elements regarding client importance will be discussed. All our employees will receive this training in 2012 – we are looking forward to hear your comments regarding this initiative. This program will then continue by focusing on the employee-resident relationship. This new program aims to establish new satisfaction standards for AZUR residents, as well as helping our employees reach their full potential in their daily activities.

Also in the spirit of ongoing improvement, we have implemented a new uniform program, exclusive to the AZUR network. Most uniforms have been especially created for our residences and bear our banner colours. You will have the opportunity to see these new uniforms in the next few weeks. We hope that this initiative will help increase the sense of belonging, as well as the

professional image for our residence employees. You will now be able to easily locate AZUR employees, and recognize their field. We wish to improve our presence in the various communities where our residences are located, and contribute to the various groups and associations working for the benefit of these communities. As such, fundraising activities were organized again this year for the benefit of the Heart & Stroke foundation. Together, residents and AZUR & COGIR employees have risen over \$14,000! Our association with the Par-âiné program is also being continued this year. In addition, we launched Healthy Seniors workshops in many of our residences. Our commitment towards seniors and their quality of life is still strong – as such, for a second year, we partnered with the FADOQ for the Seniors' Games, South shore/Suroit region.

We were happy to organize a special contest this spring: a maple-flavoured dessert contest, held between our residents and our chefs. We hope that you appreciated the event and enjoyed its sweet results! To know more about this contest and get the winning recipe, please see the Érablement bon section, in the following pages.

In every one of our initiatives, our objective is to always enrich our residents' life with happiness and improve their quality of life.

We thank you for your confidence. I'd also like to thank all my colleagues for their dedication and their passion.

Have a great summer!

Frédéric Soucy
Senior Vice-President, Exploitation
Azur residences

New management contract for Azur: St-Patrick residence

Located on beautiful Grande Allée near the Abraham Plains and Cartier street, the Residence St-Patrick now joins our other retirement homes in the Québec City region.



**Acquisition of Résidences Jazz
Expansion of the Cogir Family**



On March 1st, 2012, Cogir marked an important achievement following a full year of hard work in business development. Following an agreement last fall with a leading Quebec institutional investor, Cogir was looking to increase its investments in the senior retirement home sector across Quebec. The company is aiming to increase its acquisitions, expansions of current facilities and constructions of new homes.

We have confirmed the first investment made possible by this partnership on March 1st by announcing the acquisition of the JAZZ retirement home banner, which includes five homes located in Longueuil, Drummondville, Ste-Foy, Lebourgneuf and Lévis. All homes are of superior quality and relatively recent, for a total of approximately 1,000 living units. these 5 Jazz residences will be fully integrated in our next newsletter, similar to our other residences.

This transaction strengthens our positioning as an industry leader, with over 40 homes under the AZUR banner as well as JAZZ. We will continue to use our expertise and all our efforts to provide high-quality services and a safe & friendly environment to all our residents and staff.

Mathieu Duguay
Executive Vice-President
COGIR Management Corporation



Jazz Lebourgneuf



Jazz Longueuil



Jazz Drummondville



Jazz Ste-Foy



Jazz Lévis

Our Quality of living agents

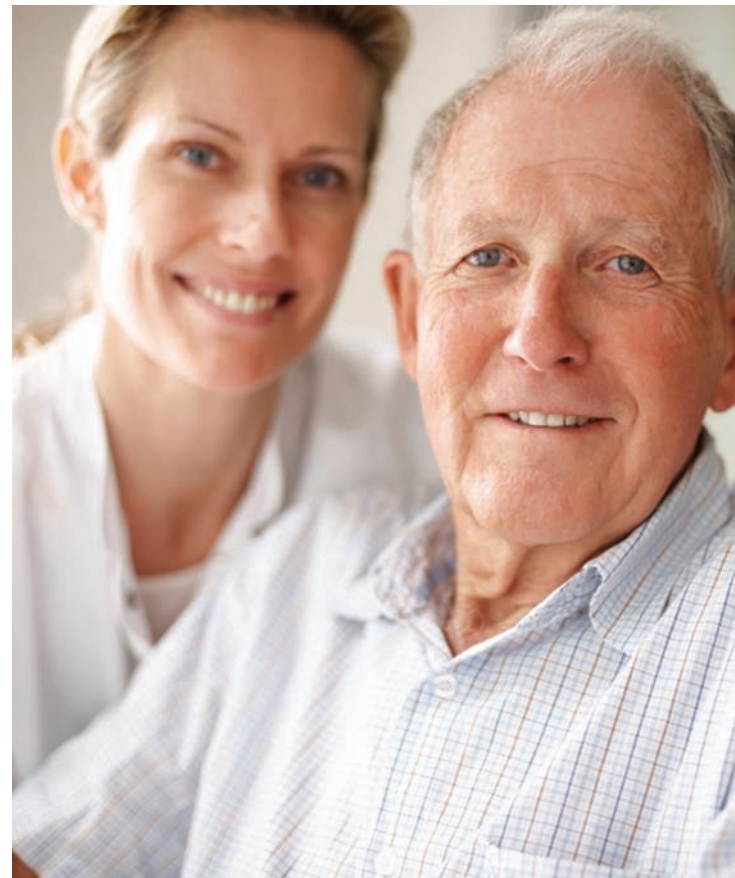
In the last few months, we've had the opportunity to examine our role as a company and our core mission, which consists of making a true difference in the daily lives of our current and future residents. This reflection has yielded many conclusions, one of which we would like to share with you today: the fact that our teams are truly dedicated to improving the quality of life of seniors in our residences.

The choice of living in a residence stems from various needs to be fulfilled. These needs are vastly different from person to another. For example, one would look to break his/her isolation; get help with daily tasks and chores around the home; the desire to live life to the fullest; or any other need that may arise for each and every one of our seniors. All these needs are closely linked to the improvement of one's quality of life.

In order to better understand this focus on quality living, we would like to announce that our Rental advisors will now be called Quality of living agents.

This new title is the basis of our true difference in assisted living for seniors, as well as our dedication to customize our service delivery according to every senior's needs.

THANK YOU!



**Customer service excellence :
A priority for everyone**

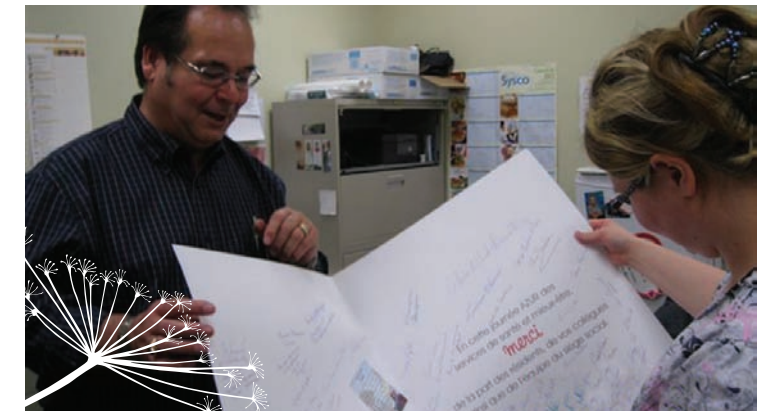
For all teams across the Azur residence network, the year 2012 has started with a strong focus on our commitment towards providing the best possible service to our residents, their families and everyone across the Azur community. To that effect, employees had the opportunity to receive a fun & dynamic training session prepared by Brigitte Lafleur, Regional Manager, Azur Retirement Homes. She has received a mention of excellence for her great work by Hélène Lapointe, Vice-president, Azur Retirement Homes; and Mr. Frédéric Soucy, Senior Vice-President, Exploitation, Cogir Management Corporation. Mrs. Jacqueline Picard, administrative assistant, has also received a special mention of excellence for her contribution to this project.

CONGRATULATIONS!



Healthcare Days

To thank the health care personnel for their exceptional dedication and hard work, the management team from every residence has organized three special days. A giant thank-you card, signed by all residents, was given to the personnel at each of these special days. Client care attendants were celebrated on April 28th, Nursing assistants on May 5th and Registered nurses, on May 12th, 2012. These passionate and dedicated employees were able to take a break and receive well-deserved congratulations for their amazing work, done day after day.



Left: Mrs. Élyse Neault (nursing assistant) / Right: Mrs. Maryse Beaumier (nursing supervisor), Résidence les Richeloises



Élyse Nault, Marlène Dallaire, Maryse Beaumier and Patricia Hamel, Résidence les Richeloises

concours
érablement bon!



In honour of the sugaring season, a culinary contest was organized for all residents and facility chefs. This activity started by a Sugar Shack Day on March 25th, 2012, across all AZUR residences. Residents and their guests enjoyed a delicious sugar shack-themed brunch, along with many special activities.

A special activity has held for dessert – a few weeks prior, residents had been invited to submit their best maple-flavoured dessert recipe. Three finalists were selected, and their recipes were served for dessert on that day. Chefs from each residence also presented their own special maple-flavoured recipe.

Residents were invited to vote for their favourite recipe on Sugar Shack Day. A winning recipe was selected and prepared by our chefs, on the regional semi-finals, held on April 18th. The contest Grand finale was held on April 27th, 2012, where the chef Mathieu Saulnier won the title for Best maple recipe. Thanks to our residents' dynamic participation, our érablement bon contest was a success!

For delicious recipes submitted by our residents as well as our chefs, please visit the érablement bon website: www.erablementbon.com*

* website and recipes available in French only. We apologize for any inconvenience.

THANKS TO EVERYONE WHO TOOK PART IN THIS CONTEST!



MAPLE-FLAVOURED CRÈME BRÛLÉE
Winner
MATHIEU SAULNIER

MAPLE SOUFFLÉ
FRÉDÉRIC PARENT

MAPLE-PECAN SQUARES
JOHANNE COMEAU

Érablement bon contest winner, by Mathieu Saulnier

Maple Crème brûlée

Yield : 6 servings

Ingredients :

- 6 egg yolks
- 1/3 cup, granulated maple sugar
- 1 tsp. vanilla extract
- 4 tbsp. maple syrup
- 2 cups 35 % cooking cream
- 1 tsp corn starch
- Maple sugar (for caramelization)

Instructions :

1. Preheat oven to 160 °C (325 °F)
2. In a thick-bottom saucepan, bring milk and maple syrup to a boil. Reduce heat and let lightly simmer for approximately 12 minutes.
3. Mix egg yolks and maple sugar until smooth. Add vanilla extract.
4. Skim milk and beat in egg yolks.
5. Add corn starch, previously diluted in a little cold water.
6. Add cream; mix well.
7. Prepare six ramekins (shallow ramekins are preferable)
8. Rinse ramekins under cold water; drain, not do wipe down. Place ramekins in a baking dish; add some water in the dish, enough to cover ramekins approximately halfway.
9. Fill ramekins with the custard preparation, bake for approximately 20 minutes.
10. Remove from oven; let cool on a baking rack for 4 hours in the refrigerator.
11. Just before serving, caramelize the top of each custard with a little maple sugar.



At Azur, Red is The Latest Trend!

Every year, the Canadian Heart & Stroke Foundation holds a great fundraising event, entitled Trendy Red. Following our great success in 2011, we have decided to join the event again this year. We are happy to report that this year's participation was simply spectacular!

At our head office, employees participated by wearing red clothes and giving a 5\$ donation on February 14th. In addition, COGIR gave an extra amount to the cause. Piggy banks were installed in our multi-residential buildings, to gather tenants' donations throughout the month of February. In AZUR retirement homes, in addition to wearing red clothing and providing a \$5 donation, many different activities were organized on February 14th to make this event truly unforgettable! Some homes served meals with a red theme; dining rooms were beautifully decorated; some seniors wore costumes, while others baked delicious cookies; and many more! An extra donation of \$ 10 for each signed lease in February was added to the fundraising efforts.

THANKS TO THE AMAZING GENEROSITY OF OUR EMPLOYEES AND RESIDENTS, THE COMPANY IS PROUD TO HAVE RAISED \$14,130.50 FOR THE HEART & STROKE FOUNDATION!

We would like to thank everyone who took part in our fundraising efforts – we couldn't have done it without you.

THANK YOU, FROM THE BOTTOM OF OUR HEARTS!



FADOQ's Seniors Games, 2012 Edition

The FADOQ's Seniors games, South shore / Suroît region, celebrated their 20th edition this year. For this event held from May 7th to 18th, close to 2,000 seniors took part in a wide array of sports competitions, in over 15 disciplines including : outdoor pétanque, baseball, golf, bowling and many more!

To wrap-up these friendly Games, AZUR held a BBQ party to congratulate everyone for their participation. The event was held at the beautiful Parc de la Promenade in Candiac, where over 375 people enjoyed free hot dogs and snacks under a gorgeous, sunny day.

This annual BBQ wrapped the 20th edition of the FADOQ's Seniors Games, South shore / Suroît region in a friendly, enjoyable manner. AZUR would like to thank all seniors and volunteers that made this special event a great success! We're looking forward to see you next year!

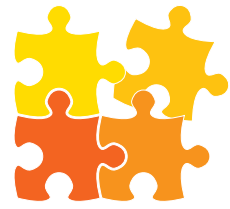
As a side note, the Seniors Games provincial finals will be held at the Olympic stadium in Montreal, on September 17, 18 and 19.

BEST OF LUCK TO ALL FINALISTS!



Frédéric Labranche, Entertainment services, Habitats Lafayette





CÉLÉBREZ
la vie

LOISIRS & APPRENTISSAGES



Congratulations to Logidor Ste-Foy!

Jardins Logidor's 1st Anniversary with Azur

Les Jardins Logidor celebrated their first year in the Azur family with a cocktail party. Good food and a great time were had by everyone.



Sault-au-Récollet: Christmas Choir

In preparation of Christmas recitals, 17 residents met each Friday, from September thru December, to practice their performance. The residents' talents were displayed for all to enjoy.



Résidences Richeloises: Generosity Abounds!

Residents, employees and volunteers showed great generosity during the Daffodil days, to the benefit of the Canadian Cancer Society. A total of \$643 was raised towards the cause.

Thanks to our volunteers:

- | | |
|---------------------|------------------------|
| Mrs. Édith Daigle | Mrs. Thérèse Bouffard |
| Mrs. Micheline Lyth | Mrs. Lucienne Gosselin |

CONGRATULATIONS!



Complexe Gouin-Langelier: A Successful Play

On April 21st and 22nd, 2012 the theater group La jeunesse prolongée presented its annual play, directed by Mrs. Yolande Sanche. Residents turned into comedians for the play "Le mariage d'aurore", written by Gratién Gélinas. They gave an amazing performance in front of over 300 spectators. We would like to congratulate all comedians for their great work! Thanks also to Mr. Robert Barbussi and his musical trio for the intermission animation!

Résidences Richeloises: an Elvis-Themed Party

The latest celebration of the month was held under an Elvis theme, much to the enjoyment of the Richeloises' residents. Many fans of the King, including Mrs. Gisèle d'Astous, had a great time dancing to the amazing performance by the singer Paul Carton.



Domaine des Forges: a Visit from the Minister

The Domaine des Forges in Laval received a visit from Mrs. Dominique Vien, the Minister of social services who is also in charge of residence certification. Also present were Mrs. Yvonne Bernier, General Manager of the residence; Yves Desjardins, President and General Manager of the RQRA; Mr. Duguay, v-p executive of Cogir; and Mrs. Louise Quintin, minister assistant.

Toumesol: Spring Celebration

Many children from the community were invited at the residence's Spring celebration. Residents greatly appreciated the children's enthusiasm and energy in this special day.

Manoir Louisiane: a Habs-Themed Event!

Manoir Louisiane residents were treated to quite the surprise for their celebration of the month, which was held under the theme of the Canadians hockey team. For this event, all employees wore Habs colours and made a receiving line, with applause, to honour all residents. This magical moment for both employees and residents brought smiles on everyone's faces.



Résidences Richeloises : Friendly Bowling Competition

A friendly bowling competition was held between residents and employees, on February 28th. Everyone had a fun evening.



Habitats Lafayette : a Special Thought for our Hospitalized Residents

For Easter, our residents currently in the hospital received a nice Easter basket, with a customized card signed by residence employees. Mrs. Marcoux, one of our new Quality of living agents, went to visit our residents in the various hospitals in the region.



Manoir Lafontaine : Summer Activities!

The Manoir Lafontaine in Rivière-du-Loup is happy to offer many summer activities for its residents, including the pétanque league, community gardens and the Fête Soleil. Many surprises are also in the works!

Manoir Lafontaine : the Season Ends on a High Note!

The Manoir had the honour of receiving the St-Patrice choir on April 29th, 2012, for a recital given in the amphitheatre. Residents greatly enjoyed the recital – they will have the chance to repeat the experience with a concert on July 7th, 2012, from the Rossignols de Brossard children's choir.

Manoir les Générations : Valentine's Day Cupids

On Valentine's Day, married residents renewed their vows at the Manoir. This touching activity was rich in emotions.



Résidences Richeloises : 70th Wedding Anniversary!

The Résidences Richeloises were honoured to celebrate the 70th wedding anniversary for two residents : Mrs. Régina & Mr. Robert Laplante. What an exceptional event for our lovebirds! We wish them lots of love and happiness for many more years to come.



Habitats Lafayette : the Wall of our Memories

Three CEGEP of Montreal special education students came to visit the residence 6 times throughout the month of March, in order to create a decorative mural full of memories, with pictures of residents in vintage costumes. This activity touched the heart of all residents.



Jardins du Couvent : a Famous Play for Two Residences

The famous play Les belles-sœurs was presented by the Jardins du Couvent, in collaboration with the Résidences Richeloises. It was a great show, where our actors' talents amazed all guests.

Domaine des Forges : There's no Age to be in Shape

The Domaine des Forges is proud to have two marathon athletes in its walls: Mrs. Germaine Riopel and Mr. Michel Boulanger, who both took part in the Ottawa marathon on May 26th, 2012. Congratulations to Mrs. Riopel, who received a silver medal for the 5-km walk event. Mr. Boulanger got in 9th place for the 10-km run.



Sault-au-Récollet : in Company of the Bonhomme Carnaval

Residents enjoyed a special activity in company of the famous Bonhomme Carnaval, thanks to the Cercle du troisième âge of Montreal.



Manoir Outremont: in Memoriam of Françoise Hogue

To thank the Manoir Outremont team, the daughter of former resident Mrs. Hogue wanted to offer a testimony in her mother's name for the great quality of services she received throughout the years, despite her disease. For the occasion, she raised funds to have art reproductions installed on the care wing. Reproductions have been chosen with the collaboration of an art-therapy specialist, who works with the Alzheimer society.



Domaine des Forges: Dunamis Contest Finalist

The Domaine des Forges is proud to be a finalist in Laval's Dunamis contest, as the best service provider with 16 employees or more. This category rewards the exceptional quality of services provided by a company, as well as its good performance from a management standpoint.

CONGRATULATIONS TO MRS. YVONNE BERNIER, DOMAINE DES FORGES MANAGER!



Venicio Rodrigues, Regional manager, AZUR Retirement Homes, stands proudly with Mrs. Yvonne Bernier, General Manager, Domaine des Forges residence in Laval.

Sault-au-Récollet: Residents' Lipdub

Over 100 residents participated to a 4-hour shooting, in preparation of a promotional music video with the song "La ballade des gens heureux".

CONGRATS ON YOUR SUCCESS!



Manoir Lafontaine: Health on the Agenda

Many health-related activities were held at the Manoir Lafontaine in the last few months, including a workshop on hand reflexology, an increasingly popular self-massaging technique. Residents also had the opportunity to attend two medical presentations: one on the history of medicine, by Dr. Edgar Dubé; and the other, on Alzheimer's disease.

Logidor Ste-Foy: Thank you for your Welcome

Two new residents of the Logidor Ste-Foy wanted to thank the residence team for their excellent service, especially for the warm and friendly welcome they received when moving in. Denis and Claire Poirier explain: "our integration has been very easy – we feel like we've been a part of this family for a long time."



Tournesol: A pétanque Competition

Residence Tournesol residents greatly enjoyed their pétanque competition, organized with the Sault-au-Récollet residence. The event was a great success!



Sault-au-Récollet: Sugar Shack Day

The residents enjoyed an outing to a local sugar shack last spring. Everyone had a great time and enjoyed their meal.



Manoir Lafontaine: Let's Celebrate Women!

Over 150 residents took part in the Women's Day celebration last March at the Manoir Lafontaine. Residents enjoyed some home-baked sweets, prepared by the animation host and her assistant. Many texts, testimonies and historical events honouring women were read by some of our residents.

Tournesol: A Resident Celebrates her 100th Birthday!
The Residence Tournesol employees congratulated Mrs. Yvette Banrie on her 100th birthday, by offering her a beautiful bouquet of flowers.



Manoir Outremont: 100th Birthday for Mrs. Hébert

On October 13th, 2011, Mrs. Hébert celebrated her 100th birthday in the company of many elected officials, including Outremont mayor Marie-Cinq-Mars, provincial MP Raymond Bachand and federal MP Thomas Mulcair, who came with a congratulatory message from the Governor General.

Sault-au-Récollet: Let's Celebrate!

The Sault-au-Récollet team had the pleasure to celebrate the 102nd birthday of one of their residents, Mrs. Béatrice Trottier, on March 16th, 2012.



Quality at the heart of our priorities

When selecting new supplier partners and their products, our Food services & Procurement team will carry out site visits in order to ensure that the foods purchased meet our quality standards. In addition to carefully choosing supplier partners that meet the industry's highest certification requirements, Cogir ensures that all food safety standards are respected throughout the entire supply chain process.



Our team visits the Viande Lauzon plant in Montreal. In order: Sébastien Tremblay, Regional Manager, Food services, Eastern Quebec; Paul-Éric Boucher, Senior Manager, Food services; Jean-Marc Bélanger, Director of Marketing and Procurement, Cogir Management Corporation; Jacques Gauthier, Sales Director, Groupe Lauzon.

Food Item Negotiation: Numbers Talk!

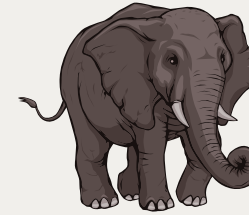
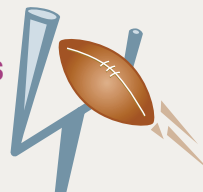
For a long time, Quebecers have been renowned for their love of great food. This love of good grub has been especially featured in the media in the last few years. Who doesn't love entertaining their friends & family over a delicious meal? Seniors are also part of this trend, as quality dining holds a great importance in their eyes. This partly explains why across the Azur network, thousands of seniors visit our dining rooms every month – furthermore, the demand in this matter is continuously increasing. When we add the volumes of all foods purchased to fill our residences' dining rooms, we obtain pretty impressive statistics! Just for fun, here is an overview of approximate yearly quantities for certain food items used throughout our network:

IMPRESSIVE COMPARISONS

25,000 KG of ground beef (55 000 lbs)
The equivalent of **2 EMPTY BUSES**

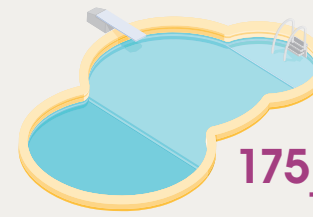


1 MILLION packages of soda crackers
Enough soda crackers to cover an entire **FOOTBALL FIELD**



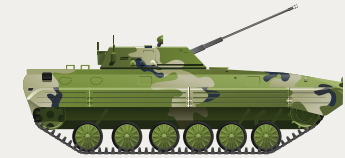
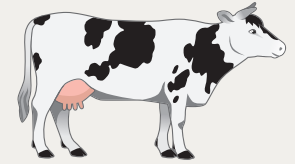
20 MILLION grams of yogurt
Equivalent to the weight of **3-4 ELEPHANTS**

4,000 KG of peanut butter
7.5 MILLIONS peanuts are needed to produce this quantity

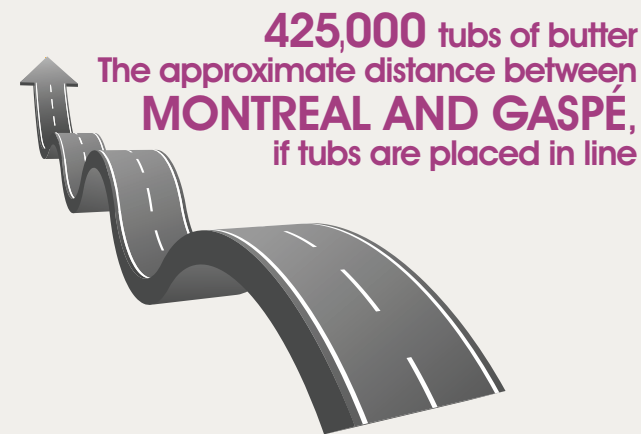


175,000 L of juice
The equivalent of **2 CITY SWIMMING POOLS**

250,000 L of milk
The yield of **160 COWS** producing 30 L of milk daily

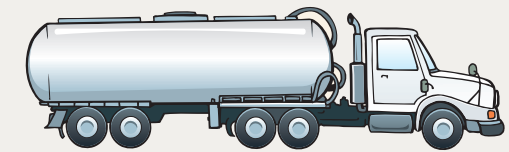


125,000 lbs of bananas
The weight of a **TANK**



425,000 tubs of butter
The approximate distance between **MONTREAL AND GASPE**, if tubs are placed in line

24,000 of canned fruit
The equivalent of a **TANKER TRUCK**



Local Purchases...

Other than these funny comparisons, these impressive numbers show the important role played by Azur senior homes in Quebec's food industry. In order to promote the local economy, thus helping our residents' families, our company encourages the purchase of locally-produced goods when both price and quality meet our requirements. "To name just a few examples: we purchase yogurt produced in Boucherville, cookies from St-Augustin-de-Desmaures, dairy products from Victoriaville & Montreal, meat cut in Montreal-based butchers, juices from Rougemont, table napkins from St-Hubert, potatoes from

St-Léonard-d'Aston, frozen vegetables from the Montérégie region, pastries from Québec city, etc.", explains Jean-Marc Bélanger, Director of Procurement at Cogir Management Corporation. But beyond these numbers, achieving the best quality/price ratio lies at the heart of our efforts – as well as the objective of maintaining an optimal level of food safety throughout the supply chain, for the benefit of our residents and their families who visit the Azur homes' dining rooms.

9 Tips to Avoid Heat Strokes

In the summer, taking extra precautions against heat strokes is essential. Our body uses vasodilatation and sweating to cool off in high temperatures – but these body functions alone may not be sufficient. Follow the simple tips below to avoid bad consequences of overheating. You know what they say about an ounce of prevention...

1. Drink water regularly – do not wait to be thirsty to do so. At least 1.5 L/day is recommended.
2. Avoid strenuous activity and sports in high temperatures, as these activities increase your body temperature.
3. Wear light, loose-fitting clothes as they promote air circulation. In addition, they should be light-coloured, to avoid attracting heat.
4. Cool your body off many times throughout the day. To do so, take showers, wet your head, use water foggies or wet washcloths.
5. What about fans? Fans promote the feeling of coolness by circulating the air. However, when the ambient air is hot, it remains hot though the fan. It may not be sufficient to cool your body. In high temperatures, use water to cool off or move to an air-conditioned location.
6. What should I drink? Avoid alcohol, sweet drinks and those with a high caffeine content (coffee, tea). Choose flat or sparkling water (with added salt), or fresh fruit juices.
7. Cover your head. A good hat, baseball cap or scarf will help prevent sunburns and insulations.
8. Even though the heat may make you tired, do not nap under the sun!
9. Stay in well-ventilated, cooled rooms. Close the blinds and leave windows open to ensure good air circulation. If despite these measures, your apartment is really warm, try to go to an air-conditioned location (stores, malls, cinemas etc.) for a few hours.

Source: <http://www.linternaute.com>



Memory exercises for seniors

With age, our memory slowly loses the capacity to remember – it's a natural consequence of aging. You may forget an appointment or specific information, without suffering from Alzheimer's disease. To maximize your memory capacity and take care of your mental health, you can do a few simple exercises, every day. Here are some suggestions:

Exercise tips

1. When you have a number of specific tasks to do, write all of them down on a sheet of paper. Cross them off only when the task is completed.
2. Make a habit of always putting important, frequently-used items, such as your house keys, in the same location.
3. If you notice that you forget dates, people's names, or similar information, repeat the information out loud many times in a row (for example, the name of someone you just met).
4. Keep a detailed journal of your daily activities (waking up, meals, etc.) and the occasional ones (appointments, meetings, special activities, etc.)
5. Play games that exercise the brain, such as bridge or chess. Reading is also an excellent exercise!

Source: <http://www.commentfaiton.com>



Pink Grapefruit Granita

www.ricardocuisine.com

Preparation time :	10 min
Cooking time :	3 min
Freezing :	4 h
Servings :	8

Ingredients :

- 750 ml (3 cups) freshly squeezed pink grapefruit juice (juice of about 5 grapefruit)
- 125 ml (1/2 cup) sugar
- 1 bottle of sparkling dry wine, very cold

Preparation :

1. In a saucepan, combine the grapefruit juice and sugar. Heat gently to dissolve the sugar.
2. Remove from the heat.
3. Pour the sweet juice in a 38 x 25-cm (15 x 10-inch) Pyrex dish. Freeze for 1 hour. Stir with a fork, scraping the sides of the dish. Return to the freezer, stirring every 30 minutes until the mixture is crumbly, about 2 hours 30 minutes to 3 hours (you should stir a total of 4 to 5 times).
4. To serve, scoop the granita in the center of 8 flared dessert cups.
5. Pour about 45 ml (3 tablespoons) of sparkling wine around each scoop of granita. Serve immediately.



Strawberry Vanilla Ice Pops

www.ricardocuisine.com

Preparation time :	15 min
Cooking time :	5 min
Freezing :	6 h
Output :	about 15 ice pops

Ingredients:

- 310 ml (1 1/4 cups) fresh strawberries, diced
- 180 ml (3/4 cup) sugar
- 15 ml (1 tablespoon) cornstarch
- 3 egg yolks
- 560 ml (2 1/4 cups) hot milk
- 5 ml (1 teaspoon) vanilla extract

Preparation:

1. In a bowl, toss the strawberries with 60 ml (1/4 cup) sugar. Set aside.
2. In a saucepan off the heat, combine the cornstarch and the remaining sugar. Add the egg yolks and whisk until smooth.
3. Slowly whisk in the hot milk. Bring to a boil over medium heat while stirring constantly and scraping the bottom and corners of the pan. Simmer gently for 30 seconds. Remove from the heat and add the vanilla. Let cool to lukewarm.
4. Add the strawberries. Pour into ice pop moulds. Freeze for 5 to 6 hours.

TIPS

If your freezer is very cold, leave your pops 5 minutes at room temperature before removing them from the moulds. In a hurry? Simply pass the mould a few seconds under hot water.

AZUR Service Principles

At AZUR, our daily operations are based on 4 general principles, which also guide our relationships with our colleagues, our residents and their families & friends, as well as the communities that surround our residences. Here are some examples taken from the daily life in our residences that represent each of our 4 main values.



TRUST

To create, maintain and respect the relationships with our residents, those close to them, our business, personnel and partners.



PASSION

Our service must always be warm, empathetic and respectful in every relationship with our residents, those close to them and the partners involved at our living environments.



COLLABORATION

Recognize and favour talent and ideas to promote the development of our collective knowledge by engaging in best practices and taking on new initiatives in everyday life.



CREATIVITY

Promote tangible human services that create magic in everyday life.

OSM/Loto-Quebec Concerts in Montreal Parks

Dates: July 24th and August 9th, 2012

Location: Olympic stadium, Montreal

The OSM is proud to continue its tradition of free concerts in parks and providing the general public with a great opportunity to discover the beauty of the orchestral repertoire. Families and friends are invited to assist to two free outdoor concerts.

The Grands Feux Loto-Québec

Dates: July 28th – August 15th, 2012 (Saturdays and Wednesdays)

Location: Montmorency Falls Park, Quebec City

A unique pyromusical competition held at the beautiful Montmorency Falls Park, the Grands Feux Loto-Québec attracts high-caliber fireworks artists from around the world. Multicoloured salutes, flashing comets, palm trees and rising stars will light up the sky to the beat of classical and popular tunes, for your pleasure and amazement.



La Fête des vendanges Magog-Orford

Location: Pointe Merry Park, Magog

Dates: September 1st to 9th, 2012 (Weekends only)

This celebration of Québec's wines and agricultural products heralds the coming of the fall colours. On the shores of Lake Memphremagog, over 140 producers present their products, which you can taste. A festive and friendly atmosphere, an incredibly delicious program!



Crisscross puzzle

www.puzzles.ca

Theme : Summer (14 letters)

J	U	N	E	S	T	S	S	S	Y	K	S	E	U	L	B	M	
U	S	M	E	A	U	Y	E	O	U	H	I	K	I	N	G	S	A
S	M	W	E	E	A	N	L	U	B	N	W	A	S	E	Y	R	E
U	T	W	I	R	R	S	G	I	C	A	B	L	N	A	R	E	R
N	S	H	V	M	T	C	C	L	T	E	A	U	D	T	V	L	C
T	Y	U	G	I	M	Y	S	E	A	D	B	I	R	S	S	K	E
A	G	L	C	I	C	I	R	N	N	S	L	R	R	N	D	N	C
N	R	E	U	L	F	M	N	A	U	O	S	E	A	R	G	I	I
O	E	A	E	J	E	R	S	G	H	S	W	E	A	B	N	R	C
S	E	D	A	L	B	R	E	L	L	O	R	O	S	R	I	P	R
C	N	A	O	F	L	O	G	T	L	T	B	T	E	E	T	S	E
H	G	N	I	H	S	I	F	F	A	E	O	A	E	E	A	H	C
O	R	C	A	M	P	I	N	G	T	W	T	H	B	Z	O	C	C
O	A	C	I	N	C	I	P	A	W	A	S	P	S	E	B	A	O
L	S	F	L	I	E	S	K	M	O	S	Q	U	I	T	O	E	S
T	S	U	G	U	A	S	I	L	L	A	B	E	S	A	B	B	O
G	N	I	N	E	D	R	A	G	S	U	N	S	H	I	N	E	N

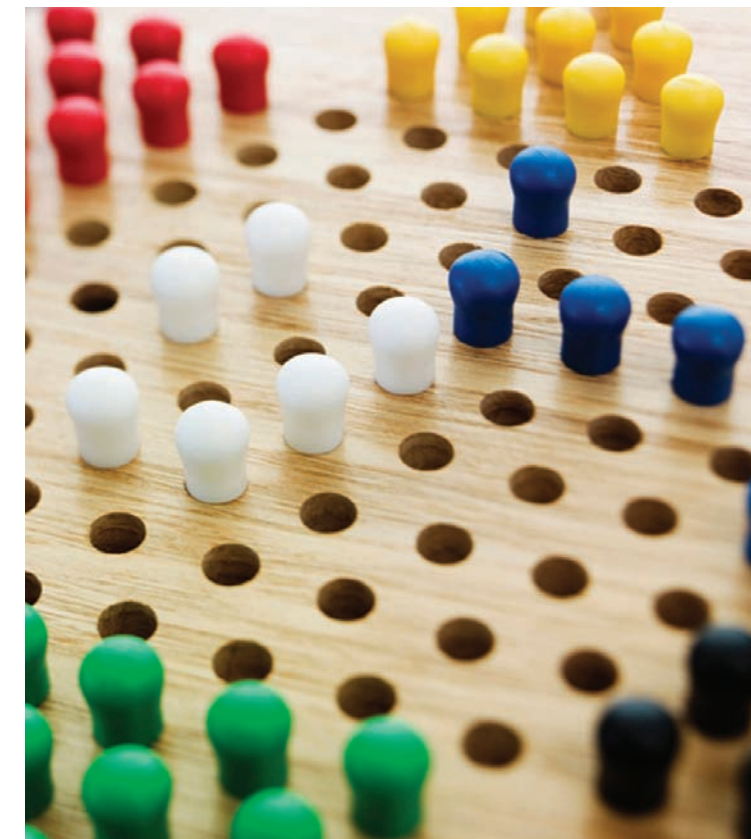
- Ants
- August
- Barbecue
- Baseball
- Beach
- Bees
- Bicycle
- Blue sky
- Boating
- Breeze
- Camping
- Fishing
- Flies
- Flowers
- Gardening
- Golf
- Green Grass
- Hat
- Hiking
- Holidays
- Hot
- Ice Cream
- July
- June
- Mosquitoes
- No School
- Picnic
- Roller Blades
- Sandals
- Skateboard
- Soccer
- Solstice
- Sprinklers
- Sunburn
- Sunglasses
- Sunscreen
- Sunshine
- Suntan
- Sweat
- Swimming
- UV Rays
- Wasps
- Water Fights
- Watermelon



Sudoku

www.le-sudoku.fr

						8									5	
9			1											3		
5								3							7	
			3	7				6								9
								4	8	5			1			
									7							
													3			8
8	9											2				
															9	1



Our living Facilities

MONTREAL REGION

Montréal	Manoir Louisiane	514-529-7897
Montréal	Résidences Tournesol	514-333-6930
Montréal	Vista	514-483-5300
Montréal-Nord	Château BeauRivage	514-323-7222
Montréal-Nord	Complexe Gouin-Langelier	514-324-8673
Montréal-Nord	Résidence Sault-au-Récollet	514-323-0200
Montréal-Nord	Résidences du Confort	514-324-1814
Outremont	Manoir Outremont	514-273-8554
Vaudreuil	Jardins Vaudreuil	450-455-6564

QUÉBEC CITY REGION

Lebourgneuf	Jazz Lebourgneuf	418-204-8853
Levis	Jazz Levis	418-304-8853
Loretteville	Jardins Katerina	418-843-1940
Québec	Jardins Champfleury	418-660-6011
Québec	Jardins Le Flandre	418-649-1324
Québec	Jardins Logidor	418-658-6550
Québec	Manoir Manrèse	418-683-6438
Québec	Résidence Le St-Patrick	418-522-6444
Ste-Foy	Jazz Ste-Foy	418-650-5553

SOUTH SHORE REGION

Brossard	Émérite de Brossard	450-678-1882
Longueuil	Clair Matin	450-442-4221
Longueuil	Habitats Lafayette	450-674-8111
Longueuil	Jazz Longueuil	450-448-8853
Marieville	Jardins du Couvent	450-460-3141
McMasterville	Résidences Les Richeloises	450-467-7667
Sainte-Julie	Résidence La Rosière	450-649-4375
Saint-Lambert	Jardins Intérieurs	450-671-1314

OTHER REGIONS

Drummondville	Jazz Drummondville	819-479-8853
Laval	Domaine des Forges	450-625-5558
Laval	Jardins de Renoir	450-687-4994
Gatineau	Jardins Notre-Dame	819-778-1747
Saint-Charles-Borromée	Résidence La Volière	450-753-9143
Magog	Résidence Memphré Magog	819-847-2222
Rimouski	Manoir Les GénérationS	418-723-0611
Rivière-du-Loup	Manoir La Fontaine	418-867-1117
Saint-Jérôme	Résidence du Verger	450-432-5737

To share your stories, or if you have any comments or suggestions, please send an e-mail to : newsletter@residencesazur.com

A GIFT PERFECTLY SUITED TO THE NEEDS OF YOUR LOVED ONE!

Our gift certificates are the perfect gift for your loved one to enjoy one of our many convenient services, or that little extra to make life so much better!



Contact your facility's management for more information.

Solutions

Crisscross puzzle : SUMMER VACATION

Sudoku :

3	2	4	7	1	8	6	9	5
9	7	1	5	2	6	3	4	8
5	8	6	9	3	4	2	7	1
4	3	7	2	6	1	8	5	9
2	6	9	4	8	5	1	3	7
1	5	8	3	7	9	4	2	6
7	1	2	6	9	3	5	8	4
8	9	5	1	4	2	7	6	3
6	4	3	8	5	7	9	1	2