



We are proud to present you the 2014 spring-summer issue of our newsletter. This issue, prepared for the benefit of all our residents, will be distributed in our 35 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 are!

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**  
SPRING-SUMMER 2014

[www.azurretirementhomes.com](http://www.azurretirementhomes.com)

## Client Satisfaction – our Utmost Priority



The summer season has finally begun, and with it, the second edition of our Healthy Aging Grand Walk. This innovative concept brings numerous benefits across our residences, in many different aspects: the benefits of moderate physical activity and culinary discoveries, along with the joys of meeting people, socializing, and discovering the culture of different countries... all with a definite *joie de vivre*. Our team is proud of this project

which, incidentally, received an Excellence award last year among all RQRA private seniors' residence members. Beyond this recognition by our peers, your massive participation to this activity is our best reward and a symbol of your satisfaction.

Above all, your satisfaction is the key to our success and our best asset for the future. Everything that is planned, developed or carried out in our residences must reach an excellence level that is proven by your satisfaction. To that effect, we currently have two resident surveys under way: the first survey has been prepared internally, while the second survey has been provided by the Réseau Québécois des Résidences Privées du Québec (RQRA). We are looking forward to seeing the results, as these surveys are like a performance report card for us. We look forward to these surveys for their results, but most importantly, for your comments. We read every one of your comments and strive to apply any corrective action needed to ensure your

satisfaction, while aiming to do things better on all fronts, even when you are already satisfied. This is, in essence, our goal and our mission: to make a true difference in your quality of life. This can only be made possible if we have good communication, if we keep our eyes open and if we listen to you.

These past few months, there were different events reported in the media that may have caused you concern. Unfortunately, there were some news reports of seniors' residence fires, closings and other incidents. We were deeply affected by these incidents; rest assured that we do everything in our power to avoid such incidents in our residences. As such, we play an active role in the RQRA in order to influence safety-related government regulations, to maximize your safety. As we have said many times before, we take our management role very seriously and we wish to treat every one of our residents as if they were part of our own family.

As we look around us and we listen to our current residents, our future residents and their families, we are looking towards an exciting future for private seniors' residences. Every day, we look for your needs and discover new ways of improving your quality of life. Our services are in constant evolution and we change regularly. We wish to support all our current and future residents the same way that you support us in our evolution. By creating a future together, we ensure that your expectations are met and your satisfaction is guaranteed. We get an extraordinary feeling of achievement from serving the generations that came before us.

Dear residents, family members and friends, we thank you for your support.

### Frédéric Soucy

Executive Vice-President  
COGIR Management Corporation



## Healthy Aging – Try less Meat on the Menu!



Cooking meats in high temperatures produces thousands of highly odorant molecules, which create the great taste of grilled meats. However, these high temperatures also create numerous toxic molecules such as heterocyclic amines and polyaromatic hydrocarbons, which can provoke DNA mutations and promote cancer development.

In addition to these carcinogenic substances, proteins and sugars found in meats can get combined during the cooking process to

create glycotoxins, a category of molecules that create oxidative stress and inflammatory conditions in the body. Results achieved on certain research models suggest that these toxic molecules could contribute to a significant deterioration of cognitive functions in these models – which translates into difficulty in carrying out simple tasks, reduced physical capabilities as well as an abnormal accumulation of beta-amyloids in the brain (a marker of Alzheimer's disease).

Human research conducted on 93 seniors aged 60 years and older have shown that seniors with a higher rate of glycotoxins in their blood are more affected by a decline in their cognitive functions, compared to seniors with lower glycotoxin levels. In other words, the presence of glycotoxins in the blood provokes significant changes in the body, in both metabolism and neurological function. Reducing one's meat consumption, specifically meats grilled at high temperatures, constitutes a simple way to minimise exposure to these toxic molecules and thus benefit from a better protection against their adverse effects.



The Healthy Aging Grand Walk is back!

## A Second Edition for the Healthy Aging Grand Walk – Europe’s Grand Tour!

After the tremendous success of the Healthy Aging program’s Grand Walk last year, COGIR has renewed the experience this year for its second edition of the Grand Walk. This large-scale activity aims to promote physical activity with senior citizens throughout our network of residences.

From June 9<sup>th</sup> to August 8<sup>th</sup>, 2014, the second edition of the Healthy Aging Grand Walk, held under the theme “Europe’s Grand Tour”, will bring together all walking clubs from our network of AZUR, JAZZ & COGIR retirement homes. Especially created for this special occasion, these walking clubs are made from volunteer walkers who took the challenge of walking a distance appropriate for their physical condition.

Every step counts!

The objective of the Healthy Aging Grand Walk is to go around Europe, starting from Paris and ending at Bordeaux. As every single step counts towards our ultimate goal, don’t forget to write down your steps made every day, counted with the help of the supplied pedometer.

Once a week, each walker brings his/her cumulative step sheet to the person in charge at the residence. All counted together, the total of all steps made by all participants will help the network to reach the longest possible distance across Europe.

The progress of our Grand Walk is available on Azur and Jazz websites at all times throughout the event.

**HAVE A GREAT WALK!** <http://lagrandemarche.azurejazz.com>



FROM JUNE 9<sup>TH</sup> TO AUGUST 8<sup>TH</sup>, 2014  
THE HEALTHY AGING  
**GRAND WALK**  
SECOND EDITION

# EUROPE'S GRAND TOUR

**BECAUSE EVERY STEP COUNTS!**



St-Patrick residents are having a good time at the 2013 Grand Walk



Jardins Intérieurs residents were all smiles during the 2013 Grand Walk



Numerous walkers joined the event in Rimouski

**Are you up to the challenge?**

### Tournesol

## Love across Generations

For Valentine's Day, the Tournesol residence had the pleasure of receiving a group of 4-year-olds from the Mer et Monde daycare. Home-made Valentines were given between residents and their little guests. A great day for everyone!



### Émélite de Brossard

## A Renowned Speaker

On February 12<sup>th</sup>, Émélite de Brossard residents had the chance to attend a conference by Mr. Gilles Proulx, who shared his many travelling experiences.



The L'Émélite director surrounded by both Gilles Proulx; which is which?

### Manoir Outremont

## The Magnificent Gala

On Saturday, March 22<sup>nd</sup>, the Manoir Outremont held a special, an exclusive event – the Gala des Magnifiques (Magnificent Gala). Hosted by Mr. Gilles Proulx, renowned radio & TV show host, this gala featured highly talented seniors who dared to perform in front of an audience. This unique gala presented various performances, including dancing, music, singing and poetry. We would like to give a special mention to Mr. René Caron, a well-known TV personality, who presented a memorable performance.



### Le Clair Matin

## Warmest Thanks

These ladies from the Clair Matin residence received a thank you card from Montpetit College students, for their help in knitting slippers for a student project.



**Les Jardins du Couvent**

**A resident wins at La Poule aux œufs d'or!**

The entire Jardins du Couvent team would like to congratulate Mr. Calixte Tardif for his participation to the popular French TV show, "La Poule aux œufs d'or". Mr. Tardif won a grand total of \$44,000. Congratulations!



**Habitats Lafayette**

**"30 vies" at the Habitats Lafayette**

The Habitats Lafayette residence was converted into a TV studio last March, when they hosted the team of the "30 vies" French TV show. As seen on the photo below: Mariloupe Wolfe and Peggy Black.



**Les Jardins Intérieurs**

**Centennials' Celebration**

The Jardins Intérieurs residence held a big party to celebrate the birthdays of its centennials: Mrs. Laurence Dorais (105 years old), Mrs. Blanche Martin (104 years old), Mrs. Gilberte Ratté (102 years old), Mr. Fred Dawson (102 years old) and Mr. Terrence Finn (100 years old). Residence employees also took the occasion to celebrate the birthdays of 4 residents who turned 99 years old this year: Mrs. Georgette de Larocheliere, Mrs. Lumina Smith, Mr. Florent Foisy and Mrs. Juliette Gagnon.

A delicious cake was served for the special occasion. Residents who turned 100 or more received a certificate from the Prime Minister of Quebec (at the time), Mrs. Pauline Marois, as well as a certificate from the federal government signed by Mr. Stephen Harper.

**Le Renoir**

**Happy Hour & Poetry**

A dozen poems were written by Renoir residents and displayed throughout February for everyone to enjoy. They were read out during a special Valentine's Day Happy Hour, a special event attended by over 75 participants.



### Les Jardins Logidor Cheers to the Pool Lounge!

After renovations in the pool lounge, the Jardins Logidor decided to celebrate its re-opening with a toast! New puzzles and games were added to work our memories and our dexterity, in addition to pool tables to enjoy a good moment in a comfortable, friendly atmosphere.



### Sault-au-Récollet Residence An Interactive Bowling Tournament!

Sault-au-Récollet residents hosted a friendly competition of wii bowling, a sporty video game. For the first time in 6 years, Résidences Tournesol won the tournament! Congratulations to all participating teams!



### Richeloises A Centennial at the Richeloises

On Sunday, March 9<sup>th</sup>, the Richeloises residence celebrated the 100<sup>th</sup> birthday of Mr. Charles-Émile Picard. For this special event, Mr. Picard received written messages of congratulations from many people, including Mr. David Johnston, Governor General of Canada, Mr. Pierre Duchesne, Lieutenant-governor of Québec, Mr. Matthew Dubé, NDP MP and Mrs. Pauline Marois, Prime Minister of Quebec (at the time).

For this very special occasion, the McMasterville Mayor and his wife were also at the residence to present their congratulations, along with a bouquet of flowers, to Mr. Picard.

In addition, 67 members of Mr. Picard's extended family were also present at the celebration. From his seven children, Mr. Picard also has, as of 2014, 11 grandchildren and 16 great-grandchildren. Signers "les Amoureux du Vieux-Port de St-Basile-le-Grand" (Katrina and Pierre) had the honour of performing our centennial's favourite songs. Residence Chef Mathieu Saulnier had prepared a delicious meal for the celebration and presented Mr. Picard with his favourite dessert: maple cake.



## What will happen if you need to be hospitalized?

In the last few years, the Ministère de la santé et des services sociaux has developed the "Approche adaptée à la personne âgée en milieu hospitalier" (Care approach adapted to seniors in hospital environments), for care practices in hospital environments to be better suited to the real needs of seniors, as a growing number of seniors are present in short-term care facilities. As per this program, all Quebec hospital personnel and doctors are currently adapting their care practices to take into account seniors' specific frailty risks. What does this mean for you, should you ever need to visit a hospital? Read below...

According to your capabilities, you will be asked to continue doing what you were doing at home. It's true! You might think that this is a joke; that going to the hospital means that you surely need to lay down and rest as much as possible, and get help in feeding and dressing yourself... Think again. All these statements are only partly true. These ideas are often based on ancient practices and prejudice. They are no longer relevant in light of the most recent studies regarding seniors' health. Moreover, these old practices may have tragic consequences on seniors' health.



For example, did you know that:

- A single day of full bed rest translates into 3 days of hospitalization for a 75-year-old?
- 75-year-old seniors lose 5-10% of their muscle mass every week they are bedridden; consequently, they might need weeks of rehabilitation to reach walking autonomy again?
- A pressure ulcer (bedsore) may develop after spending only 3 hours on a stretcher?
- 75-year-olds who undergo surgery or are placed in intensive care are at risk of developing delirium (a usually transient and reversible state of acute confusion that is often mistaken for dementia) in over 75% of cases?

To prevent these issues to occur in a hospital environment as much as possible, care personnel might possibly talk to you about the AÎNÉES program – a French acronym meaning "seniors" that highlights the most important points in senior care.

**A:** for AUTONOMY - mobility and activities of daily living

**I:** for skin INTEGRITY

**N:** for NUTRITION and HYDRATION

**É:** for urinary and fecal ELIMINATION

**E:** for COGNITIVE STATE

**S:** for SLEEP

In addition, we will discuss your hospital discharge, with you and your family, throughout your stay. Not because we want to get rid of you, but because we are fully aware that the hospital is not the best environment to get in shape. With an adequate preparation, we will be able to better determine what you will need upon leaving the hospital: cooking services, help with taking baths for a few weeks, etc.

If you don't understand why you are requested to do certain activities, feel free to ask! Care personnel will be able to explain to you why you need to walk around, drink, sleep, etc. This way, you can enjoy your independence as much as possible.



LE GRAND ÉVÉNEMENT  
*érablement bon!*



The grand finale of our annual Érablesment Bon contest was held with a lot of emotion and excitement again this year. The 2014 edition culminated on April 15<sup>th</sup>, at the Jazz Drummondville residence. This contest, held across all AZUR, JAZZ & COGIR private seniors' residences, features the culinary talents of our chefs and residents alike in a friendly competition. This year, the contest focused on the best maple-flavoured sweet & salty appetizer.

What difficult task ahead for our judges! 30 contest tasters from the JAZZ Drummondville residence and guests of honour from the COGIR head office had the delicious mission of tasting all 5 finalist appetizers to determine the best of them all!

Previously, during the Grand Érablesment Bon brunch, held on April 8<sup>th</sup> across our network, all guests were invited to vote for their favourite appetizer between the chef's recipe and one of each residence's own resident. Every residence was represented in semi-finals across the province, where the following five finalists were chosen:

- **L'Alto** (recipe from Chef Jean-Baptiste Belneau)
- **Château Beauvillage** (recipe from Dan Rajesh Puncharam)
- **Manoir Les Générations** (recipe from Antoine Morneau Billard)
- **Jazz Longueuil** (recipe from Norman Bédard)
- **Manoir Manrèse** (recipe from Patrice Tavernier, representing the resident Mrs. Paule Lachance)

These five finalists gave their best performance and effort in the spirit of competition. The result was a selection of amazing recipes, worthy of the best chefs, presented to the jury for the Grand Finale. Incidentally, our jury was not able to choose a clear winner... so for the first time, we have a tie for the winning place!

Chef Jean-Baptiste Belneau, from L'Alto residence; and Chef Norman Bédard, from Jazz Longueuil residence.

Congratulations to our winners and to all finalists in the 2014 Érablesment bon contest!



## A Different Maple Taste in Every Residence



### Château Beauvillage

Participants to the 2014 Érablement Bon contest have presented many recipes worthy of the best chefs to impress our jury! On the picture, Mrs. Léveillé and our Chef Dan are preparing a delicious Brie cheese, dates & maple recipe.

### A cooking workshop at the Jardins Intérieurs

3 Jardins Intérieurs residents were invited to attend a special cooking workshop in the Érablement Bon contest. Two of these recipes were presented at the contest semi-finals. Pictured below: Mrs. Filiatreault, Mrs. Morisette and Chef Stephan Garcon.



Richeloises: thanks to all participants!

### Complexe Gouin-Langelier

Our winning appetizer was created by Mrs. Denise Monette, pictured here with Mrs. Isabelle Therrien, Mrs. Louise Langlois and Chef Jolyane Southière



Érablement Bon at the Émélite de Brossard – a great team spirit!



An impressive number of appetizers were served at the Érablement Bon brunch at St-Patrick residence.



## Duck roll with goat cheese & apples *à la Montérégie*

By Chef Norman Bédard (Jazz Longueuil)

Recipe yield – 30 servings

### Ingredients:

10-inch tortillas (6 pcs)  
 Leaf spinach (½ pack of 500 grams)  
 “Chèvre des neiges” goat cheese (1 kg)  
 Duck legs confit (8 pcs)  
 Cortland apples (8 pcs)  
 Fresh chives (1 small bunch)  
 Fresh coriander (½ bunch)  
 Maple syrup (2 x 596 ml cans)  
 Apple cider (500 ml)

### Preparation:

Prepare the duck confit in advance and “pull” the meat. Peel and cut apples in very small dice.

With the blender, mix the goat cheese until smooth (approx. 1 minute) and add finely chopped chives. Refrigerate for 1 hour. Cook the apples with 1 can of maple syrup. Make candied apples with the apple cider.

Use the other can of maple syrup to marinate the duck meat.

### Assembly:

Spread the goat cheese on each tortilla with a spatula (¼ inch thick).

Cover the goat cheese with spinach leaves.

Add the maple-marinated duck confit on the spinach. Make sure the meat has been well-drained beforehand.

Top with cold candied apples and spread with the spatula to have a level coat.

Garnish with a little chopped coriander.

Roll each tortilla on a plastic film sheet (Saran Wrap) to create a twist. Set aside in refrigerator for 2-3 hours.

Cut each tortilla in 2-3 inch slices with a knife that has been dipped in hot water.

Set on a plate with spring mix and salad dressing of your choice.

## 2014 Érablement Bon contest

### APPLE-MAPLE BRAISED PORK TENDERLOIN

By Chef Jean-Baptiste Belneau  
Recipe yield – 10 appetizers

#### Ingredients :

- 1 pork tenderloin (600 g)
- 300 g apples, peeled
- 20 g onions, finely chopped
- 25 ml butter
- 20 ml maple extract
- 300 ml maple syrup
- 15 ml cider vinegar
- 1 tsp. ground ginger
- 30 ml soy sauce
- 10 ml calvados
- 10 ml lime

#### Preparation:

1. Prepare pork tenderloin "butterfly style". Melt 15 ml of butter in a pan and brown the apples for 15 minutes. Stuff pork with cooked apples, roll in parchment paper. Bake at 350 °F (180 °C) for 15 minutes; let cool.
2. Using the same pan, brown the onions in 10 ml melted butter. Deglaze with calvados, cider vinegar and maple extract.
3. In a bowl, mix together soy sauce, ginger, maple syrup, and lime (or lemon juice). Pour the mix in the same pan used for the onions. Stir over low heat until the sauce has reached the desired consistency.
4. Slice the pork tenderloin in 60 g servings. Set on a plate (decorated to your taste) and cover with lukewarm sauce.



## Crisscross puzzle

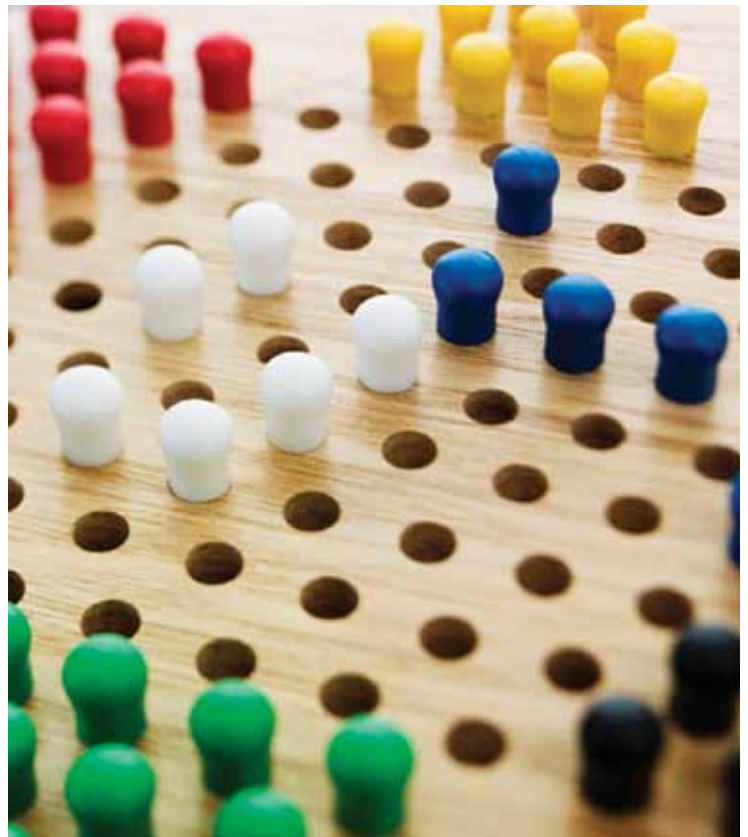
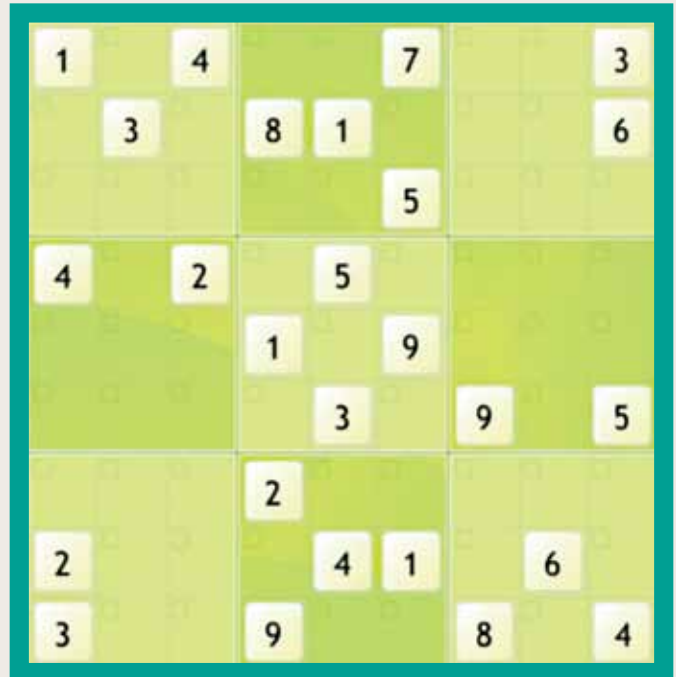
Crisscross puzzle © WWW.FORTISSIMOTS.COM  
Theme : LA MONTAGNE (14 lettres)

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

ALPAGE	CHALET	PISTE
ALPES	DÉGEL	RANDONNÉE
ALPINISME	ESCALADE	RAQUETTES
ALTITUDE	EVEREST	REMONTÉE
ANDES	FORÊT	ROCHEUSES
APLOMB	HIMALAYA	SIERRA
ARMOR	GLACIER	SOMMET
ASCENSION	MASSIF	TÉLÉPHÉRIQUE
BALISAGE	MONTAGNE	TERTRE
CAMPING	NEIGE	TOURISME
CANYONING	OISANS	TRANSAT
CASCADE	PANORAMA	TREKKING

## Sudoku

[www.le-sudoku.fr](http://www.le-sudoku.fr)



## 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.



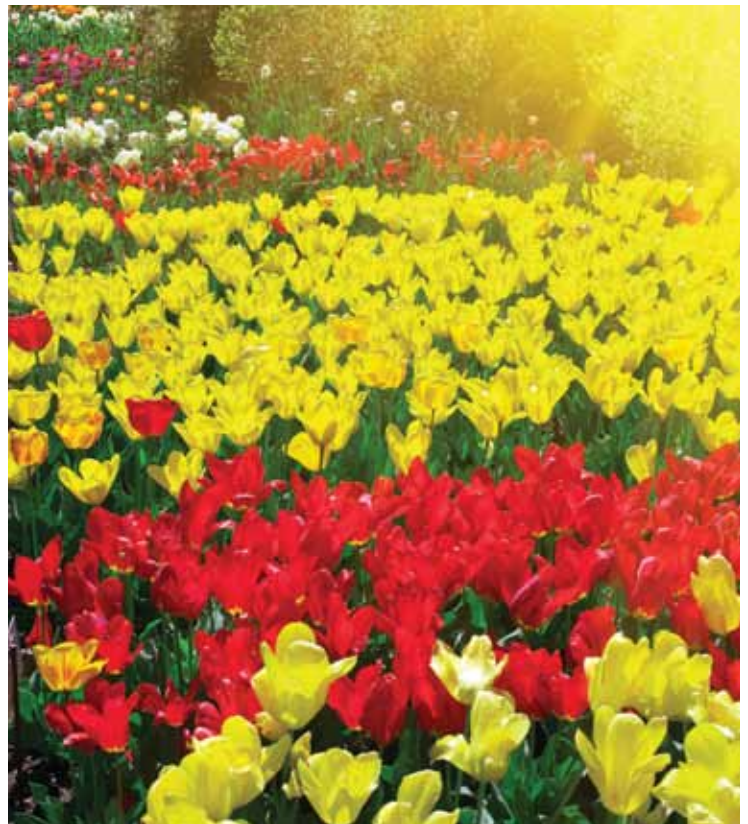
### COLLABORATION

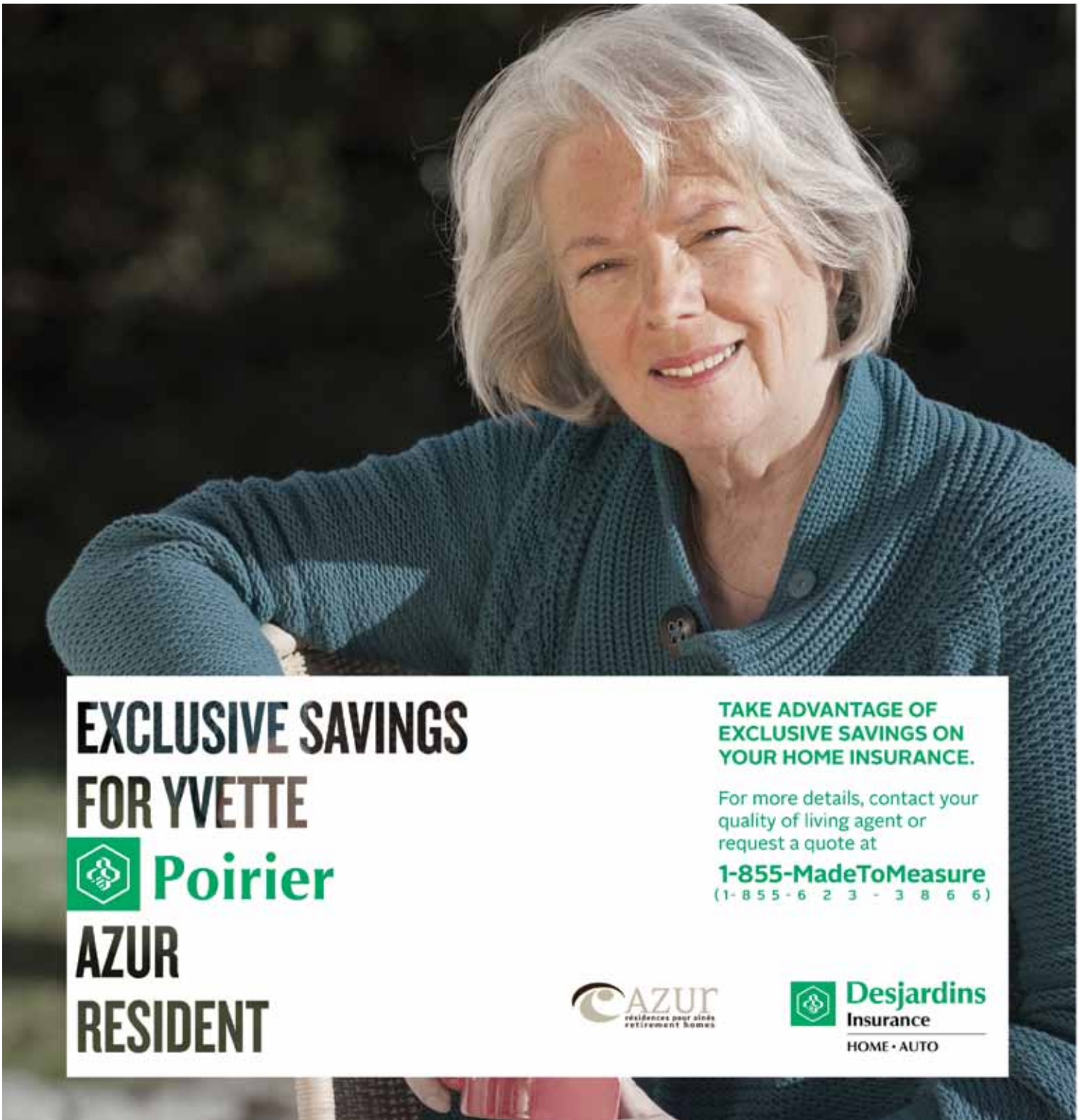
Recognize and favour talent and ideas to promote the development of our collective knowledge by engaging in best practices and taking on new initiatives in everyday life.




### CREATIVITY

Promote tangible human services that create magic in everyday life.






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## Our Living Facilities

### MONTREAL REGION

Montreal	<b>Manoir Louisiane</b>	514.529.7897
Montreal	<b>Résidences Tournesol</b>	514.333.6930
Montreal	<b>Vista</b>	514.483.5300
Montreal-North	<b>Château Beauvillage</b>	514.323.7222
Montreal-North	<b>Complexe Gouin-Langelier</b>	514.324.8673
Montreal-North	<b>Résidence Sault-au-Récollet</b>	514.323.0200
Montreal-North	<b>Résidences du Confort</b>	514.324.1814
Outremont	<b>Manoir Outremont</b>	514.273.8554
Vaudreuil	<b>Jardins Vaudreuil</b>	450.455.6564

### QUÉBEC CITY REGION

Loretteville	<b>Jardins Katerina</b>	418.843.1940
Québec City	<b>Jardins Champfleury</b>	418.660.6011
Québec City	<b>Jardins Le Flandre</b>	418.649.1324
Québec City	<b>Jardins Logidor</b>	418.658.6550
Québec City	<b>Manoir Manrèse</b>	418.683.6438
Québec City	<b>Résidence Le St-Patrick</b>	418.522.6444

### SOUTH SHORE REGION

Brossard	<b>Émérite de Brossard</b>	450.678.1882
Longueuil	<b>Clair Matin</b>	450.442.4221
Longueuil	<b>Habitats Lafayette</b>	450.674.8111
Marieville	<b>Jardins du Couvent</b>	450.460.3141
McMasterville	<b>Résidences Les Richeloises</b>	450.467.7667
Sainte-Julie	<b>Résidence La Rosière</b>	450.649.4375
Saint-Lambert	<b>Jardins Intérieurs</b>	450.671.1314

### OTHER REGIONS

Laval	<b>Domaine des Forges</b>	450.625.5558
Laval	<b>Jardins de Renoir</b>	450.687.4994
Magog	<b>Résidence Memphré-Magog</b>	819.847.2222
Rimouski	<b>Manoir Les Générations</b>	418.723.0611
Rivière-du-Loup	<b>Manoir La Fontaine</b>	418.867.1117
Saint-Jérôme	<b>Résidence du Verger</b>	450.432.5737



## Solutions

Crisscross puzzle : EXTRAORDINAIRE

Sudoku :

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

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