

Here you are home!



THE GRAND HEALTHY
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We are proud to present you the fall 2013 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 were!

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

Best regards, The AZUR team

AZUR NEWSLETTER
AUTUMN 2013

www.azurretirementhomes.com

Healthy Aging – An Objective for Everyone!



Dear residents, families and friends,

Already a year has passed since we launched, in the fall of 2012, our partnership with Mr. Richard Béliveau, biochemistry PhD, and the Institut Universitaire de Gériatrie de Montréal. Under the Healthy Aging theme, we have developed various initiatives that aim to make a true difference in our residents' quality of life.

The implementation of our program was carried out through different forms, in order to reach as many residents as possible: from health-themed seminars to healthy menu alternatives, video capsules broadcasted on Azur TV and on our website, as well as some informative texts written by our partners and published in our newsletters.

This year, we wish to continue our progression and show you our desire to go further. An amazing idea was brought forth by our work partners, one that will allowed us to reach many significant objectives: the Grand Healthy Aging Walk. This project goes beyond the simple walking club, I assure you. Have you ever thought, in your wildest dreams, that you could cross the entire continent? We had the opportunity to make this dream come true, with a unique event that followed your participation and your pace. The Grand Walk was held from June 10th until September 6th, and brought our residents across America, from Rimouski down to

Tierra del Fuego, in Chile. During this adventure, our residents had the chance to discover many cuisines, cultures, activities and customs from regions found in our journey. This unique project combines learning activities, socialization opportunities, discoveries as well as physical activity. Healthy aging, it's also making new discoveries, learning new things, taste new foods, cultivate one's curiosity, having good times with friends and fostering these wonderful smiles. Y For more information about this amazing event, please see our website. Join us in this project and prove how life can be amazing! Over 1,500 have taken part in this first edition of the Grand Walk.

In other news, I would like to take a moment to thank our chefs and all our residents who took part in the second edition of the Érablement Bon contest. Thanks to our residents and our teams, this event was once again a great success. We had the pleasure of seeing and tasting unbelievable desserts, all made under the maple theme. Congratulations to Sébastien Brigel, Chef at the Jardins de Renoir residence in Laval, who won this friendly dessert competition. We have many more surprises in store this fall, including the launch of a new physical and cognitive activity program, developed in collaboration with the Institut Universitaire de gériatrie de Montréal. The Belles Années event will also be back, to bring you a myriad of fun activities from yesteryear. Now more than ever, we are fully committed to making a true, lasting difference in your quality of life. Thank you for your confidence, and thanks to all my colleagues for their dedication and their passion.

Have a great autumn!

Frédéric Soucy
Executive Vice-President
Azur Residences



COGIR Fundraiser Evening for the Benefit of the Institut universitaire de gériatrie de Montréal

On May 8th, 2013, at the Montreal Science Centre, over 400 guests have attended the first edition of the "All generations united" fundraising event, organised by COGIR Management Corporation for the benefit of the Fondation Institut universitaire de gériatrie de Montréal. This fundraising event, which was highlighted by a show from international star Florence K, raised **\$125,000 for the Foundation**. These funds will be used to support the Institut's Research Centre in its many activities, including the development of the "Healthy aging" program implemented across AZUR and JAZZ private retirement homes in Quebec. The result of a unique partnership between Cogir Management Corporation, the Institut universitaire de gériatrie de Montréal and Dr. Richard Béliveau, Biochemistry PhD, the "Healthy aging" program aims to improve seniors' quality of life through nutrition, prevention of degenerative diseases and recreology initiatives.

The evening was hosted by Cogir Management Corporation and the honorary presidency of Mr. Mathieu Duguay, Cogir President. It emphasized the importance of supporting the scientific research to fight, minimize and better understand various aging-related degenerative diseases, such as Alzheimer's disease. As the evening's spokesperson, Dr. Richard Béliveau, Biochemistry PhD and world-renowned specialist, has explained the importance of a healthy diet at every age. "It's never too late to improve our diet and be better aware of the benefits of certain foods on our overall health," explained Dr. Béliveau to all guests and sponsors present at the event.

To conclude the evening, Mr. Mathieu Duguay wished to thanks all contributors:

"In my name, the name of all teams from Cogir management Corporation as well as the Fondation de l'Institut universitaire de gériatrie de Montréal, I would like to send my sincere thanks to all our partners for making this evening such a great success. Day after day, you play a significant role by collaborating with the various stakeholders of our organization. This collaboration becomes of utmost significance and gives the sense of partnership its true meaning, when we join our forces for a cause as important as this one. This cause is particularly important for our company, which strives to improve the well-being of seniors across the province. All raised funds will help the IUGM Foundation to contribute directly to the development of specialized care in the fields of aging and seniors' health. Healthy Aging is an objective that we should all aspire to. Once again, thank you for your amazing support!"



Mr. Jean-Louis Dufresne, President of the board of administrators, Fondation Institut de gériatrie de Montréal with Mr. Mathieu Duguay, President of Cogir Management Corporation inc.



Thank you for your support!

Between February 1st and March 31st, 2013 was held our first fundraising campaign for the benefit of the Fondation de l'Institut de gériatrie de Montréal. A total of **\$5,275** was raised across all AZUR and JAZZ retirement homes.

Every **\$10** donation gave contributors one chance to win a prize for the final draw. Five grand prizes have been awarded during this final draw. This amount was added to the \$125,000 donation provided by COGIR Management Corporation. Congratulations to our winners!

We would like to thank everyone for their generosity!



As part of the **Healthy Aging** program, AZUR and JAZZ private seniors residences have organized a large-scale activity to encourage seniors to be more active and get together across the province. Held between June 10th and September 6th, the **Grand Healthy Aging Walk** was carried out by walking clubs from all AZUR and JAZZ residences. Especially created for the occasion, these walking clubs are made of volunteer walkers who took the challenge of walking a distance appropriate for their physical condition. Over 1,500 walkers took part in the first edition of the Grand Walk!



Rimouski launching - Manoir les Générations

Every step counts!

The **Grand Healthy Aging walk** is based on a simple concept. Every registered walker received a pedometer to count all steps made during the Grand Walk. To help residents to keep track, they wrote the total of steps made each day on a cumulative sheet.

Once a week, each Friday, walkers will brought their cumulative step sheet to the person in charge at their residence. All counted together, the total of all steps made by all participants in each and every one of our retirement homes, has helped the network to reach the longest possible distance.

Overall, 25 stops have brought our participants across the continent, through cities such as Montreal, New York, Havana and Rio de Janeiro.

The ultimate destination: the southernmost point in America – Tierra del Fuego.

A great start!

On June 10th, Manoir Les Générations residents in Rimouski took the first step in this amazing journey that will bring us together across America.

Proudly wearing their bright fluorescent green T-shirts, our walkers made quite an impression in the streets of Rimouski, all the while proving that physical activity has no age limit.

In addition to our Rimouski walkers, all 1,500 participants throughout the Azur & Jazz network have started this challenge on the same day.



LA GRANDE MARCHE
VIEILLIR EN SANTÉ



The Residences Richeloises



Jardins de Renoir



Confort and Sault-Récollet



Jardins Vaudreuil

Benefits for both physical and psychological health

The **Grand Healthy Aging Walk** marks a milestone in the **Healthy Aging** program developed in collaboration with the Institut universitaire de gériatrie de Montréal & Cogir Management Corporation.

According to IUGM researchers, many studies suggest that physical activity is linked to a better overall health, from a physical and psychological standpoint; this is especially true for seniors.

Regular physical activity by seniors is associated with a better quality of life on a daily basis; better physical health, maintenance of functional independence, improved psychological well-being as well as the prevention of cognitive decline. In this context, exercise becomes a significant well-being tool – it allows seniors to enjoy a fuller life, for a longer period of time.

In addition, many studies have suggested that physical activity may have a positive effect on depression and anxiety in seniors. Besides the decrease in anxiety and depression, psychological well-being also brings lower psychological distress and perceived tiredness, as well as a better sense of self-efficiency and quality of life.

Regular physical activity can contribute positively on all these factors. The social context often found in the practice of physical activity can also contribute significantly to seniors' sense of well-being, as it helps prevent loneliness. Beyond the physical benefits of exercise, activities carried out in small groups help increase social contacts and contribute to the maintenance of an active social network.

The Grand Healthy Aging Walk brings all these benefits together, through a large-scale activity with a common objective.

Conference presented by the Institut universitaire de gériatrie de Montréal

As part of its **Healthy Aging** program, AZUR retirement homes, in collaboration with its partner the Institut universitaire de gériatrie de Montréal, have presented a first series of conferences across all AZUR & JAZZ residences.

This conference was hosted by Mrs. Hélène Audrit, research professional in the development and validation of intervention and cognitive stimulation programs for seniors with light memory issues.

Named "Les secrets de mieux vieillir" (Secrets for better aging), this conference covered various aspects of aging, including chronic disease, medication, prejudice, sleep issues, exercise, memory issues, social activities, etc.

These activities are organized for the benefit of our residents and other seniors in our community, to provide them with tools and knowledge to ensure their **Healthy Aging!**



Conferences from Dr. Richard Béliveau in the AZUR network – continued...

Last spring was held the second series of health conferences by Dr. Richard Béliveau across the Azur network.

A total of more than 800 people attended these events, which focused on cancer prevention through diet.

The invitation for this free conference was given to everyone who wished to attend.

Conference date: **April 16th, 2013**
Location: **Jardins de Renoir, Laval**

Conference date: **April 19th, 2013**
Location: **Habitats Lafayette, Longueuil**

Conference date: **April 25th, 2013**
Location: **Résidence Le St-Patrick, Québec**

Date de la conférence: **April 30th, 2013**
Location: **Château Beauvillage, Montréal**



The crucial role of intestinal flora

Our intestines contain bacterial flora that is extremely populated and diverse. The large intestine (colon), for example, can contain up to a thousand billion (1,000,000,000,000) bacteria per millilitre, which makes it the most densely populated microbial habitat on the planet.

This bacterial presence is so significant that it is believed that an adult body is made from 90% of bacterial cells, which means that the body contains ten times more bacteria than human cells. These bacteria alone make up approximately 2 kg of a person's body weight. The composition of the intestinal flora varies greatly from one person to another and will usually remain stable throughout adult age.

This stability is important, as these bacteria develop and maintain our immunity system, in addition to their role in the fermentation of dietary fibres. Studies have shown that certain variations in the type of bacteria found in intestinal flora can affect the body's immunity functions, thus contributing to the development of inflammatory issues such as irritable bowel syndrome or

inflammatory bowel disease. As such, maintaining a good stability of one's intestinal flora is an essential factor for good health.

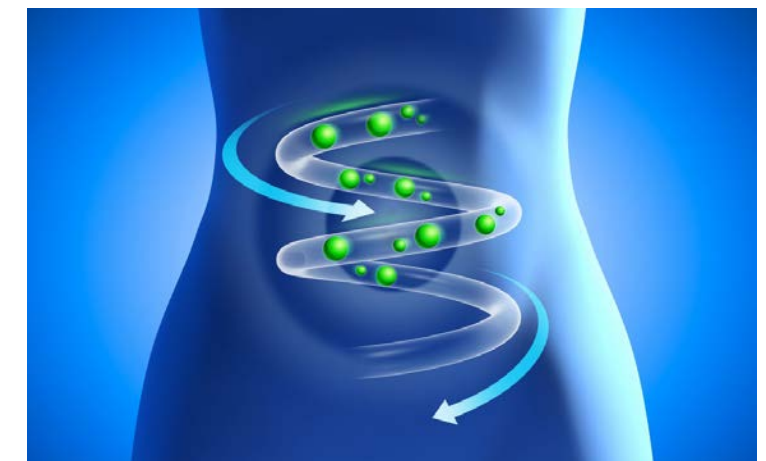
A relatively unknown aspect of aging is its effect on the intestinal flora. In the elderly (65 years and over), intestinal flora varies significantly from one person to another – its composition in whole also differs greatly than the flora of younger adults. The degradation of dentition, digestive functions that are more difficult, as well as variations in bowel function are all factors in the degradation of the intestinal flora, in addition to changes in the dietary habits that often appear as age progresses.

A recent study has shown that intestinal flora composition in the elderly is significantly affected by their living environment – for example, seniors living in long-term care facilities had a less diversified flora compared to seniors living in their own family home. Furthermore, researchers have reported that these differences in intestinal flora composition were closely related to the person's diet and health condition, including their frailty (difficulties in daily activities) and the presence of specific inflammation markers.

Globally speaking, an in-depth analysis of study results indicates a significant relationship between a person's diet, the composition of their intestinal flora as well as overall health condition; the loss of flora diversity contributes to the degradation of the overall health condition associated with aging.

As a person ages, it is normal that the diet will be modified to be better adapted to the various physical changes related to aging.

This study shows, however, that the potential impact on the person's intestinal flora must be taken in consideration. It is crucial that seniors consume foods that promote good intestinal flora, such as foods rich in pro-biotics. No matter how old we are, a healthy, balanced diet must always remain a priority to ensure our good health!



Medication and seniors : an efficient, sometimes dangerous mix

Introduction

As we all know, most seniors wish to live in their own home for as long as possible.

To be able to do so, they must remain independent as much as possible and still be able to carry out the activities and tasks of daily life. This is not always easy as numerous different chronic diseases may affect seniors.

To treat these ailments, medication is often the main treatment. Most prescription drugs, if used correctly, enable seniors to benefit from a better quality of life and may significantly reduce mortality and morbidity in this segment of population.

Medication dosage and frequency, the assessment of its benefits versus its risks, as well as the way drugs must be taken are just a few elements that must be taken in consideration in order to maximize the benefits.

By making the decision to take a specific drug, the senior decides, in collaboration with a healthcare professional (doctor, pharmacist or nurse) that the medication's benefits outweighs its potential or true risks.

Aging and medication

The effects of aging have an impact on medication efficiency. For example, the liver is an organ that may be compared to a medication breakdown machine.

As the person gets older, substances found in medication are metabolized less efficiently by the liver, which has the task to break medication down.

Similarly, an older person's kidneys may be less efficient to eliminate the pharmaceutical substances once they have been broken down by the liver.

For this reason, it's very important to adapt medication's dosage or frequency. In addition, aging often brings the development of more fat than muscle – this change in body type may affect the way a medication is distributed throughout the body. These changes in the older body's functions and physiology may explain why some medications are not as efficient or appropriate for seniors.

Seniors who suffer from more than one chronic disease or condition are at a greater risk when undergoing poly medication. Poly medication is defined as the use of many different drugs and the unnecessary consumption of numerous prescription or over-the-counter drugs.



Taking medication ? Be careful!

The first rule for responsible, safe management of prescription drugs, over-the-counter drugs as well as natural health products, is to consult your pharmacist.

The pharmacist is an expert on all medications, their side effects, as well as the possible interactions between prescription and over-the-counter drugs, medication and natural health products, or medication and foods.

Given that every person has a different weight, age, health issues and other factors, each prescription must be adapted or adjusted to suit the person's needs.

In order to obtain the desired results from your medication, it is crucial to take them correctly. As such, should you need to take many pills throughout the day, it is recommended to use a pill organizer.

This is a simple, convenient way to organize your pills according to the time of day and meals, without forgetting any. Talk to your pharmacist or your doctor about the use of pill organizers.

Potential issues related to medication must not be underestimated, especially for seniors. Here are a few statistics:

- **Over 30 %** of hospitalizations in the elderly are **related to pharmacotherapy** – from those problems, 57.1 % could be avoided.
- Approximately **60 % of people aged 65 years** and over take at least one prescription drug; the majority takes an average of **3 to 5 different drugs**. These statistics exclude over-the-counter drugs and natural products.
- The **rate of treatment** adherence is **less than 50%** for a quarter of seniors.
- The use of **2 drugs** brings a **13% risk of undesirable** side effects. This risk goes up to **58%** when using **5 different drugs**, and up to **82%** if **7 or more** different drugs are being consumed.

Taking medication is not harmless. Drugs bring therapeutic benefits by helping prevent or cure illnesses, alleviate pain or support the body – but they may also bring undesirable side effects.

The higher number of drugs a person takes, the higher the risk of having undesirable side effects.

It is thus very important to be attentive to our own body's reactions when taking a drug.

Here are some of the undesirable side effects that can be experienced when taking medication : falls, insomnia, loss of coordination, malnutrition, dehydration, loss of appetite, weight loss, memory loss, incontinence, confusion, delirium,

hallucinations, dizziness, somnolence, constipation, nausea... When they are not monitored, side effects may have a negative impact of the person's quality of life : visits to the emergency room or the doctor, falls, fractures, hospitalization, loss of functionality or independence, transfer to a long-term care facility, etc.

Depending on the gravity of side effects, it might be advisable to take some action in order to keep them under control.

The doctor (or the pharmacist in some cases) may decide to adjust the drug's dosage or frequency, stop the drug, add another medication to alleviate the side effect, or replace the medication with another one.

If you think that there is a problem with your medication, talk to your doctor or your pharmacist. Don't decide to make changes yourself.

In summary

- Keep with you at all times (even when travelling!) an updated list of all your medications; your pharmacist may give you the complete list. This will greatly help the healthcare teams in better taking care of you.
- Monitor your reactions when starting a new medication or when its dosage has been modified. Take notes and try to observe the circumstances of your reactions.
- Write down any question you may have and talk to your doctor or pharmacist.
- Bring expired drugs back to your pharmacist.
- Don't take drugs that have been prescribed to someone else. They might not be appropriate to your condition.

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HONEY-LEMON CHICKEN

Servings: 4 portions

Ingrédients :

- 1 Kg Chicken breasts, cut in cubes
- 1 large Zucchini, cut in cubes
- 2 cups Broccoli
- 1 cup Carrots, sliced
- 1 branch Celery
- 1 large Onion
- 1/4 cup Orange juice
- 1/4 cup Lemon juice
- 1/4 cup Honey
- 2 tbsp Dijon mustard
- 2 Garlic cloves, chopped
- 1 tsp Lemon zest
- 2 tbsp Fresh ginger
- Salt & pepper
- 1 tbsp Corn starch
- 1 tbsp Water
- 4 tbsp Olive oil

Instructions :

1. Brown chicken in olive oil, on all sides.
2. Add all ingredients, except broccoli and zucchini; cook for 30 minutes.
3. Add broccoli and zucchini and let cook 10 more minutes.
4. Thicken the sauce with corn starch if necessary.
5. Serve over jasmine rice or vermicelli.



A Dîner en Blanc for the Renoir's 25th Anniversary

August 18th, a beautiful sunny Sunday, was held a celebration for the 25th anniversary of the Jardin de Renoir residence, in Laval. To commemorate this milestone, the residence's team had planned a great day for residents and seniors in the community. In total, close to 800 guests attended our country-style festivities in the residence's gardens.

The celebration started in late morning by a large-scale luncheon where 300 guests, all dressed in white, shared a gourmet meal in a stylish, elegant atmosphere. In the glamorous setting of the residence's lush gardens, guests were all smiles as the residence team was serving wine, sparkling wine and hors-d'oeuvres worthy of the best banquets.

Following the concept of the world-famous Diners en blanc which are held every year in many great cities around the globe such as Paris, New York and Montreal, the event pleased all our guests, who were completely under the charm of the concept!

Three tables of honour had been set up for the occasion. At these tables were seated 11 residents among our guests of honour, which included many community officials and politicians, AZUR representatives as well as representatives of our sponsors, Uniprix and the Caisse populaire des Grands Boulevards.

It should be noted that Mrs. Carole Marcil, the residence's general director, had the honour of hosting at her table Mrs. Simone Beaudoin, 100 years old, the Renoir's oldest resident. Also present was Mrs. Yvette Bigras, who has been living at the Renoir since its opening 25 years ago.

A history-making photo was taken with our 11 residents who have been living at the Renoir for over 20 years, an impressive loyalty!

The afternoon continued with a recital by Marie-Josée Lord, a renowned soprano singer, under the large tent in the residence's garden where 500 people had reserved their seat. What best way to conclude this beautiful celebration!

Since its opening in 1988, the Jardins de Renoir residence serves over 700 seniors daily with a team of over 100 employees. Numerous services and activities are offered in the facility for our residents' comfort and security.

This residence is a member of the AZUR retirement homes banner, managed by COGIR.





Left to right: Carole Marcil, General Manager of Les Jardins de Renoir, Chef Sébastien Brigel, grand winner of érablement bon, Paul Éric Boucher, Senior Regional Manager for AZUR

The 2013 edition of our Érablement bon contest ended on Thursday, April 18th upon a Grand Finale that was held at the Jardins Intérieurs residence in Saint-Lambert. The contest finale was rich in emotions, in suspense, in smiles... and of course, delicious maple desserts!

The Érablement bon contest is a friendly recipe competition between our chefs and our residents, held in all AZUR and JAZZ residences. The objective: to make the best maple-flavoured dessert of the year!

A difficult mission was ahead for our jury, made from approximately 30 tasters including Jardins Intérieurs residents, guests of honour from the St-Lambert community as well as Cogir head office personnel. They had the delicious task of choosing between six decadent maple-flavoured desserts, all of them feast for the eyes as well as their taste buds.

On March 17th, 2013, all residences in our network held their Érablement Bon brunch, during which guests had to vote for their favourite of two desserts – one made from the chef's recipe, and one from one of the resident's. All residences were represented in semi-finals across the province, where six finalists were ultimately chosen :

- Jardins Logidor (recipe, Mrs. Marie-Jeanne B. Roy)
- Vista residence (recipe, Mrs. Boisvert)
- Jazz Levis (recipe, Mrs. Lisette Tanguay)
- Manoir Les Générations (recipe, Antoine Morneau Billard)
- Jardins le Renoir (recipe, Sébastien Brigel)
- Jardins du Couvent (recipe, Michel Gemme)

The above finalists were able to use their experience, their passion and their talent to produce extraordinary desserts and impress the members of our jury. The final choice was a difficult one... and the 2013 winner is... Chef Sébastien Brigel, from Les Jardins de Renoir residence in Laval!

Congratulations to Chef Brigel and to all finalists of the 2013 Érablement bon contest!



STEP 1 OF THE CONTEST - THE BRUNCH

Château Beauvillage

From checkered tablecloths to the classic maple toffee on snow, Château Beauvillage residents and their guests greatly enjoyed the « sugar shack » ambiance of this activity. Seen on the photo: Mrs. Jobin cooks with our chef Dan for the Érablement bon contest.



Domaine des Forges

The Domaine des Forges residence turned their brunch into a St-Patrick's Day celebration. Following the tradition, the residence's team proudly wore green costumes to suit the day's theme.



Jardins de Renoir

Jardins de Renoir hosted a great event for the Érablement bon brunch, with over 400 guests in attendance. Everyone enjoyed the musical entertainment planned for the occasion.



Jardins Katerina

Folklore dancers as well as an accordion player showcased their talents for the enjoyment of Jardins Katerina residents and guests.



Manoir Outremont

Seen on the photo: Mrs. Janie L Miller, our resident whose recipe was in competition against Chef Jean-Guy Hébert's recipe; also present, Mr. Michel Morais, residence Director, at the first step of our contest.



Richeloises

For the Érablement bon contest's kickoff brunch, the Richeloises residence paid tribute to recipients of Queen Elizabeth Diamond Jubilee medal. This medal has been awarded to 60,000 exemplary Canadians from all ages and all communities for their contribution or various services given to their community, their fellow citizens or the country.



Résidence le St-Patrick

A mobile sugar shack came to visit the St-Patrick residents, to indulge our residents' and guests' sweet tooth. Good weather was on our side for this special day!

**Résidences du Verger**

Here is a picture that illustrates a united team – the Résidence du Verger's team, from St-Jérôme.

**Maple-Mascarpone Mousse**

Servings: 8 portions

Ingrédients :

- 1 package gelatin
- 2 tbsp cold water
- 300 ml maple syrup
- 180 ml 10% cream
- 2 egg yolks
- 2 egg whites
- 150 ml 35% whipping cream
- 200 g mascarpone
- 2 pears, diced
- 4 lady fingers

**Instructions :**

1. Dissolve gelatin in cold water; let stand 5 minutes.
2. Heat the maple syrup, 10% cream and egg yolks together over medium heat 5 minutes, stirring frequently; add gelatin, mix well.
3. Set aside for 30 minutes
4. Beat egg whites with sugar until foamy; whip 35% cream separately. Mix together beaten egg whites, whipped cream and mascarpone with the maple preparation.
5. Break lady fingers down in crumbs and mix with the diced pears.
6. Arrange in a tall glass by placing pears at the bottom, then top with mousse; set aside for at least 3 hours.
7. Garnish each mousse with chopped walnuts on top.

Château Beaurivage**Volunteer luncheon**

A special luncheon was held at the residence to thank our volunteers, who make a true difference in our residents' lives day after day. With their willingness to help, these volunteers contribute to a better overall quality of life at our residence. Thanks to all our volunteers for their dedication.

**Let's celebrate!**

On Friday, April 12th, Mrs. Drapeau, resident at the Château Beaurivage, celebrated her 100th birthday! As you can see, "healthy aging" suits her very well.

**Clair Matin****Visit to the sugar shack**

What better than a visit to a nearby sugar shack to indulge our sweet tooth? Our residents enjoyed their day, as seen by their large smiles.

Let's not forget one of the best attractions of the sugar shack – maple toffee on snow!



Jardins du Couvent

The book club returns!

For the last few years, students from the nearby Fatima school participate to a reading club with Jardins du Couvent residents. Once again this year, this collaboration was very positive for residents and children alike, both from an intellectual and affective standpoint.

Everyone benefits from the reading club: children create some arts & crafts, recitals and other surprises for residents at each holiday period. As for our residents, they invite their students for lunch a few times throughout the year.

We truly hope that this reading club will continue for many years to come !



A magical Easter

To celebrate Easter, our residents had the pleasure of welcoming a magician, Mario Choinière, who provided entertainment during the meal, with great music by Mr. Lucien Paquin.



Jardins le Flandre

A special visit

On February 6th, Jardins le Flandre residents had the honour of receiving the famous Bonhomme Carnaval at the residence. Mr. Bonhomme was welcomed by a choir of our residents. The evening, held under the Quebec Carnival theme, was enjoyed by everyone.



Manoir Les Générations

Book launch

It's with a lot of excitement that Manoir des Générations residents welcomed a writer, Mr. Ronald Bérubé, at the residence to commemorate the launch of his book: a biography of Mr. Claude Duguay, renowned ophthalmologist from the Rimouski area. Residents and guests were witness to the accomplishment of Mr. Bérubé's lifelong dream.



Les Habitats Lafayette

15 years for the Habitats Lafayette!

A party was held to celebrate 15 years of operation at the Habitats Lafayette residence. Some of our residents and employees received a honorary certificate for their loyalty and dedication, for over a decade in some cases.



Valentine's Day celebrations

For Valentine's Day this year, Manoir les Générations residents experienced a day rich in emotions. First, a religious service was held in memory of loved ones lost. Residents were invited to write a letter to their loved ones, and burn the letter afterward as a ritual.

Balloons were released in the sky to symbolize the person's departure. On a more positive note, a special gourmet meal was also served to celebrate Valentine's Day. Our residents had the opportunity to share a delicious meal with their partners and friends, to commemorate this day of love.



Very Special Celebrations!

Émélite de Brossard

25 years for the Émélite !

The Émélite de Brossard residence recently celebrated its 25th anniversary. This was the perfect occasion to thank everyone involved in the residence – employees and residents alike.



Manoir LaFontaine

A celebration of women

On the International women's day, the Manoir Lafontaine received the visit of Mrs. Christine Chabot, representative of the Conseil du Statut de la Femme. She came all the way from Chicoutimi to host a seminar named "The CONSTANT progression of women". This activity was appreciated by our residents, men and women alike.

The seminar allowed many residents to remember their past and learn more about our history. An interesting seminar, where everybody learned something while having fun!



Manoir La Fontaine

A new registry

One Manoir LaFontaine resident has taken the initiative of creating an entertainment registry for his fellow residents. Mr. Patrice Caron, seen on the photo, has decided to convert all VHS tapes that were available to residents onto DVDs. He then created a registry of all available DVDs, for residents to borrow as they please. The complete collection includes documentaries, musical shows, older TV shows and much more.



Logidor

Cabaret night

12 artist residents have given an extraordinary performance for their fellow residents at the Logidor. Under art direction by Geneviève Lacroix, the show was named "Sur les ailes du temps" ("On the wings of time"). The performance was presented in the residence's dining room, converted into a cabaret for the occasion. The audience really enjoyed the show.



Manoir Outremont

Mexican fiesta

The Manoir Outremont residence found a great way to bring some heat in the winter cold – they brought Mexico to the residence, through a "Mexican fiesta" theme night. The residence was decorated by the country's colours, and a delicious Mexican-themed meal was served. In addition, real mariachis were invited to sing for the residents. Another great evening!



Résidences Richeloises

An unforgettable moment

On December 7th, Richeloises residents invited children from the kindergarden class of the Jolivent School in Beloeil, for a very special activity. Children had created pretty Christmas cards that they happily gave to residents. They also gave their own special version of a few Christmas songs, in company of their teachers. The day was concluded with an impressive number of desserts, lovingly prepared by their parents. This simple activity was one of the most appreciated of 2012.



Résidence le St-Patrick

Lobsterfest at the residence!

St-Patrick residents fully enjoyed the best delicacies of summer. Many residents attended a delicious lobster dinner.



A very special meet & greet for a 103rd birthday!

On February 8th, Mrs. Simone Bernier, living at the St-Patrick residence, celebrated her 103rd anniversary. For the occasion, one of her dreams came true – meeting the political columnist for the Soleil, a renowned newspaper from the Québec City area. This meet & greet lasted over an hour. As a souvenir, the columnist gave her a copy of Blessures de guerre, his book that relates traumatic stories from military personnel after their mission.



Tournesol

Zootherapy session

Zootherapy is a type of therapy that uses animals to treat many different ailments. In retirement homes, we work hard to fight isolation issues for our residents. The Tournesol residence thus decided to provide its residents with an enjoyable activity in company of many canine guests. It was a day filled with hugs and lots of love.



Résidence du Verger

A generous donation

On May 10th, the Résidence du Verger in St-Jérôme gave a \$1,000 donation to the Maison de soins palliatifs de la Rivière-du-Nord. A benefit dinner had been organized to raise donations; the evening was greatly appreciated by residents and their guests. During that evening, the Apple Tree of Help, a decorative tree filled with good wishes, was also given to the MSPRN.



2013 Seniors Games

For a third consecutive year, AZUR joined forces with the FADOQ Rive-Sud-Suroît branch for the annual Seniors' Games. From May 6th to 17th, over 2,000 seniors attended these Games in a series of friendly sport competitions. As tradition demands, AZUR concluded the Games with its BBQ party, to recognize the participation and efforts from all attendees during the event. It's in the beautiful Parc de la Promenade in Candiac that was held this celebration, where many retirement homes had been invited to attend. Everyone had the opportunity to enjoy a beautiful spring day in good company. A total of approximately 200 people had free hot-dogs and snacks, courtesy of the AZUR group. Employees helped make this event a success by trading their suits for aprons, and played waiters and waitresses for the day. Our sincere thanks to everyone who made this year's Games a successful event.



Do you know about our Health Services?

Are you aware of all healthcare services provided by our dedicated personnel in our retirement homes?

Whether it's assistance with personal hygiene duties; having blood pressure checked regularly or periodically; meeting with a doctor for an annual check-up or a consultation; checking certain health-related information with the residence's nurse on duty or any other service that can be provided by a health care professional, our teams are available to meet our residents' needs.

Day and night, seven days a week, our residents can count on qualified personnel for any help needed, either for an emergency (fall, sickness, etc.) or for any recurring issues.

In addition, most of our retirement homes now have general or specialized care units to assist residents suffering from a loss of physical or cognitive autonomy.

Any questions?

To learn more about our services, please visit our websites www.cogir.net ; www.residencesazur.com ; www.residence-jazz.com. You may also contact the Healthcare supervisor of your facility for more information. Our healthcare services – serving our residents' well-being...

How do I access these services?

It's easy – you simply need to meet with the Healthcare supervisor of your residence. He will be able to assess your healthcare needs and confirm whether your residence has the capability to fulfill these needs. Afterwards, you have the option to decide if you want to include any additional services of your choice to your lease. The use of additional services may entitle you to extra tax credits, where available.

What is our difference?

At Azur, we provide human services, for humans... I often have the opportunity to visit our retirement homes where I see numerous employees working hard day after day, with attention and dedication, to ensure our residents' continued well-being. Whether it's through a professional attitude or by giving extra attention, our nurses, health care professionals and care attendants really care about making a true difference in our seniors' daily lives.

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.



Word search puzzle

Source: <http://www.puzzles.ca>

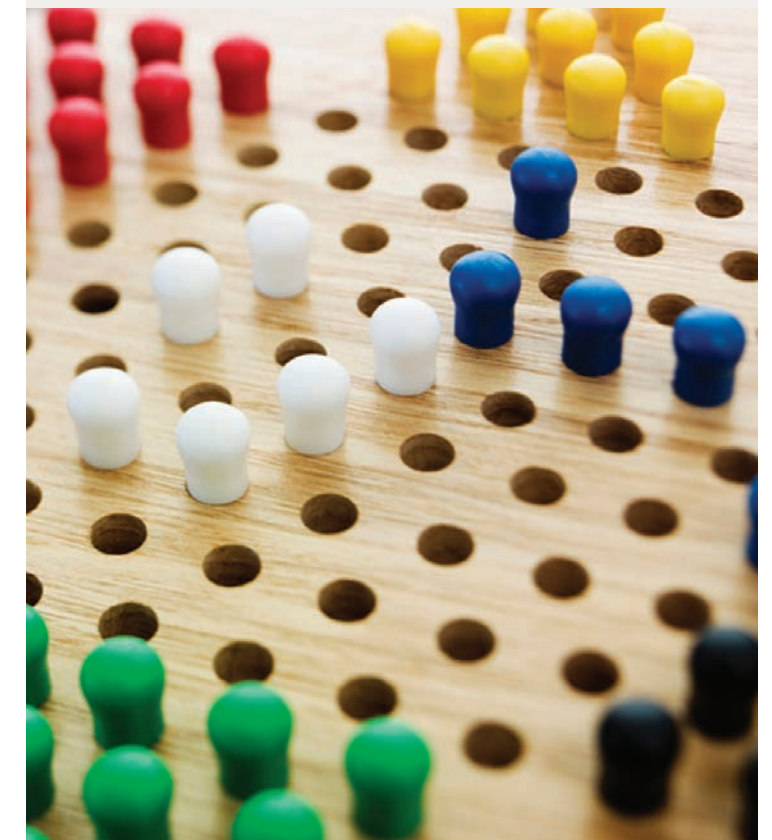
L	O	N	G	E	R	N	I	G	H	T	S	N	A	A	U	C	N
T	O	R	U	E	S	T	U	N	Y	R	O	K	C	I	H	R	I
M	S	O	A	Y	Q	E	N	I	S	I	A	O	T	R	W	O	K
R	C	Y	H	N	E	U	V	S	T	E	R	F	H	E	O	P	P
C	E	A	A	C	G	K	I	A	S	N	O	A	A	B	R	S	M
K	N	D	N	D	S	E	R	N	E	D	S	R	N	M	C	O	U
S	C	Y	L	N	R	G	L	U	O	L	P	M	K	E	E	C	P
Q	R	A	K	E	I	E	R	E	T	X	G	I	S	V	R	T	S
U	Y	D	T	M	A	N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

- | | | |
|----------------|---------------|----------------|
| ACORN | HARVEST | SWEET POTATOES |
| APPLE | HAYSTACK | THANKSGIVING |
| BIRD MIGRATION | HICKORY NUTS | TURKEY |
| BLOWING | LONGER NIGHTS | WINDY |
| LEAVES | NOVEMBER | YELLOW LEAVES |
| BLUSTERY DAY | OCTOBER | |
| CANNING | ORANGE LEAVES | |
| CHESTNUTS | PIE | |
| CHILLY | PUMPKIN | |
| COLD | RAKE | |
| CROPS | RED LEAVES | |
| EQUINOX | SCARECROW | |
| FALL | SCHOOL | |
| FARMING | SEASON | |
| FEAST | SEPTEMBER | |
| FROST | SHORTER DAYS | |
| HALLOWEEN | SQUASH | |



Sudoku www.le-sudoku.fr

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



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 Beauvillage	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

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

SOUTH SHORE REGION

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

OTHER REGIONS

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

We are close to you, everywhere in Quebec !

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



Game Solutions

Word search: Autumn is a second spring when every leaves is a flower

Sudoku :

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