

September 2024

Adult Day Program

670 Albert Street Ottawa, Ontario K1R 6L2



Celebrating September

World Alzheimer's Month

World Letter Writing Day

September 1

**International Country
Music Day**

September 17

White Chocolate Day

September 22

Good Neighbour Day

September 28

Adult Day Program Staff

**We are just a phone call
away!**

613-236-0428

Penny Bodnoff, Adult Day Program
Coordinator, extension #2200
pbodnoff@thegoodcompanions.ca

Sonia Movrin, Adult Day Program
Assistant Coordinator, extension
#2190
smovrin@thegoodcompanions.ca

Justin Sauv , Adult Day Program
Assistant, extension #2191
jsauve@thegoodcompanions.ca

Yasmin Rodriguez, Adult Day
Program Assistant, extension #2192
yrodriguez@thegoodcompanions.ca

Barb Loxton, Adult Day Program
Assistant, extension #2193
BLoxton@thegoodcompanions.ca

Reminder

If you or your loved one will not be attending the program or if running late, **please contact our front reception at 613-236-0428 ext. 2100** and they will notify the ADP staff team.



Closure

The Good Companions will be closed **Monday, September 2nd** for **Labour Day**. The Adult Day Program will also not be running on **Wednesday, September 4th** due to the **Open House**. We will cancel all ParaTranspo bookings for these days.

New Student

We would like to welcome Emma Perry who will be doing her placement with the Day Program three days a week. Emma is in her third year of the Social Work program at Carleton University.

Truth and Reconciliation

"The Good Companions acknowledges the privilege to be operating on the unceded traditional territory of the Algonquin Anishinaabeg. The peoples of the Anishinaabeg Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The Good Companions honours all First Nations, Inuit and M tis peoples and their valuable past and present contributions to this land."

Zoo Crew Visit

Members enjoyed furry visitors from The Zoo Crew, who care for and rehabilitate exotic animals and share quality time and education to schools, retirement homes, and community centres like ours.



Mario Jr. the Chinchilla



Houdini the Snake



Parsley the Rabbit



Tango the Duck



Steve the Sugar Glider



Ross the Hedgehog



Chai the Bearded Dragon

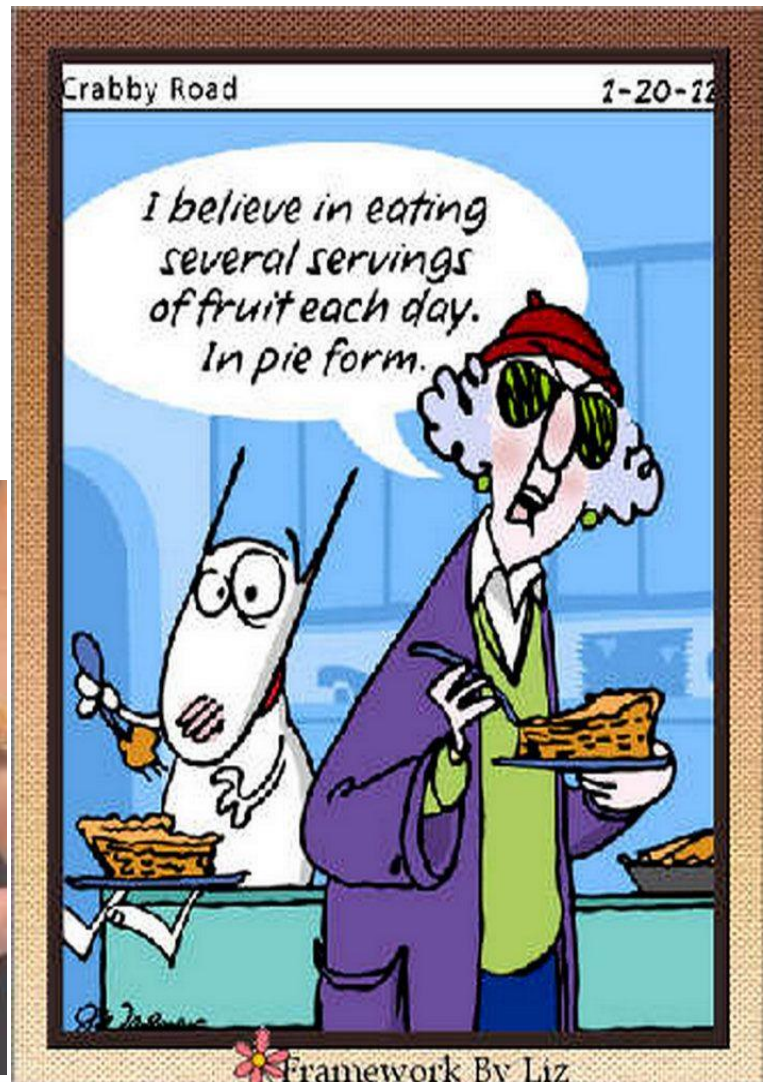
September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Maurice R. - September 12

Khristina P. - September 26

Joke of the Month



Adventure Awaits



The United Nations established September 27 as World Tourism Day, a day to recognize the importance of visiting other cultures and sharing social, cultural, political, and economic points of view. How, though, are

visitors to know all the rules of etiquette of a foreign country? For example, it is considered rude to order cappuccino in Italy after 11:00 in the morning. In Venezuela, don't show up on time for dinner; everyone is expected to arrive 10 to 15 minutes late. In Norway, table manners are extremely important, and one should always use a knife and fork at meals, even with sandwiches. When in Japan, never point, play with, or stab food with your chopsticks. And never take food from a shared plate with the eating end of your chopsticks; use the opposite end instead.

So how does one avoid making embarrassing or offensive mistakes in foreign countries? These few tips will make you the best kind of tourist—one who is welcomed back. First, learn a little about the country before you arrive. Whether you search the internet, buy a guidebook, or visit the library, learning a little bit about the culture, history, and landmarks of a foreign country will prepare you for your trip. You can learn about the city layout, currency exchange rates, local languages, popular food dishes, unusual customs, and even places to avoid.

After your feet are on the ground, don't rush. We tend to overschedule because we want to visit all the important tourist landmarks. Just because you're in Paris doesn't mean you have to visit the Eiffel Tower. Ditch the checklist. This allows you to enjoy the next two tips: meet local people and visit local places. You don't have to know the local language to be polite and gracious with others. Also, try to shy away from global chain restaurants and hotels. You're on vacation! Allow yourself to feel like you've been transported away from home.

September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

Sweet Cravings

Why is it that after a big meal we still crave something more? Not another helping of meat and potatoes. Not salad. Something sweet. Dessert!

Some scientists say that it's simply conditioning—that we've been trained to eat dessert after dinner since childhood. Others believe that it's a matter of brain chemistry. Eating sugar enables the absorption of amino acids, and these amino acids increase



serotonin, which is a powerful chemical in our brains that makes us feel happy. Depriving ourselves of dessert only makes us want it more. Luckily, you won't need to deprive yourself on September 4, Eat an Extra Dessert Day. Remember, desserts eaten in moderation can be part of a healthy diet. Or, instead of unhealthy sweets like cookies and cake, opt for fruits, which contain natural sugars.