September Birthdays

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Vesela F.	Sept. 1	Saida M.	Sept. 23
Jean G.	Sept. 3	Gino R.	Sept. 25
Linda R.	Sept. 3	Janet A.	Sept. 27
Albert W.	Sept. 10	Stanley H.	Sept. 28
Red S.	Sept. 13	Gerald B.	Sept. 29
Morey S.F.	Sept. 23	Michael K.	Sept. 30

Birthday Tea - Thursday | Sept. 24 | 10:30 am
All houses | MPR | Music by Salve & Company

SEPTEMBER TEAMWORK SUGGESTION

Support fundraising events and projects for all departments. A rising tide lifts all boats!

We've been busy adding to the Buchanan family this year. Welcome to all our new staff who've joined us since April 2026!

Rakkar, Lakhwinder	RN	2026.04.28
Mencia, Veronica	REC	2026.05.04
Sohi, Gurmeet	LPN	2026.05.05
Lhadon, Kelzang	HCA	2026.06.22
Ezema, Rita	HCA	2026.06.09
Badesha, Harmanjot	LPN	2026.06.30
Lekh Raj	FSW	2026.07.02
Kaur, Taranveer	HSKP	2026.06.25
Kaur, Mandeep	FSW	2026.06.27
Temperatura, Tom	LPN	2026.07.10
Kaur, Jatinder	HSKP	2026.06.27
Kaur, Manjit	HCA	2026.07.13
Dua, Gurvinderpal	Laundry	2026.06.30
Malorodenko, Uliana	Laundry	2026.07.14
Brar, Gopi	LPN	2026.08.21
Cerezo, Akina	FSW	2026.09.04
Cheng, Phil	LPN	2026.09.08

AVAILABLE FOR ORDERS

We now have birth year poster templates from 1908 -1965. If you want an individualized one for yourself, family, or friends, they can now be ordered through the Chaplains. The cost is $20, including the 11X17 frame, and the proceeds will be used to enhance the Spiritual Health programs for the residents.

The perfect birthday or Christmas gift idea!

BUCHANAN LODGE

BuchanaN Buzz

NEWS FROM 409 BLAIR AVE. SEPTEMBER 2026

September

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.

The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.

The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook.

From dewy lanes at morning
The grapes' sweet odors rise;
At noon the roads all flutter
With yellow butterflies.

By all these lovely tokens
September days are here,
With summer's best of weather,
And autumn's best of cheer.

But none of all this beauty
Which floods the earth and air
Is unto me the secret
Which makes September fair.

'Tis a thing which I remember;
To name it thrills me yet:
One day of one September
I never can forget.

Helen Hunt Jackson

INSIDE THIS ISSUE:

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Goodbye SUMMER

hello AUTUMN

Jeanette still enjoying the lazy, crazy days of summer

The ever helpful Meta & Mike signed up for laundry folding

An appreciation lunch for our very supportive support staff

Precious Memories

The always popular "Ice Cream Cart"

So long to our Sequoia shade - Hello Sunshine!

Thought for September

Her favourite quote is "the only Constant is Change!"

Introducing Harjender

As we continue our series introducing the newer staff members of Buchanan, this month we would like to feature Harjender, our Director of Care. Her Canadian journey as an immigrant started as a twenty-year-old from Pune, India. Growing up, all she ever wanted to be was a physician. She was very fortunate to have the support of her husband and the means to go back to school. Since she enjoyed interacting with people, nursing seemed closer to the field she wanted to pursue. After completing her Nursing Diploma, Harjender started working at VGH, Banfield Pavillion.

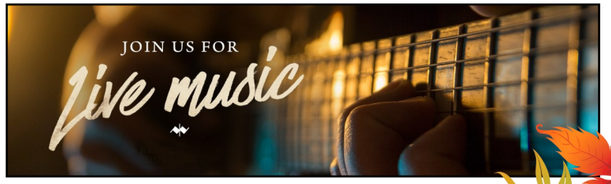
Soon she realized how much more experience and knowledge she needed to truly care for Long Term Care residents. Her next venture was into Acute Medicine followed by Surgery. She was fortunate to have some great colleagues who encouraged her to see beyond what she had envisioned for herself. So Harjender gained further experience as an educator in Professional Practice, New Grad and Employed Student Nurse programs at VGH.

Harjender is blessed with three wonderful children. She enjoyed studying together with them as she completed her BSN through UVIC in 2009. As a bedside nurse, she was always curious about decisions made and their impact. This led her into the manager role covering Medicine, ICU, Sleep Lab, Telemetry Unit, Allied Health (SW, OT), Renal and Palliative programs. As planned, she eventually returned to Long Term Care and supported the transitioning of an older VCH site to their new home.

One of her defining moments was her orientation at VGH's Heather Pavillion as a new grad and imagining herself one day orienting future grads. And that's what happened! Harjender is passionate about excellence in care, creating capacity within teams, and, most importantly, seeing others grow. Lifelong learning remains a forever goal! She wants to continue reading, dancing, listening to good music, and hopefully travelling a lot more. Her favourite quote is "The only Constant is Change"!

Did you notice in the story of Harjender's career, how mentors helped her achieve more than she imagined, and how she is now doing the same for others? Two Bible verses come to mind: *"Let the wise listen and add to their learning, and let the discerning get guidance"* (PROVERBS 1:5) and "*The things which you have heard from me in the presence of many witnesses, entrust these to faithful people who will be able to teach others also"* (2 TIMOTHY 2:2). Mentorship is a key principle in the type of teamwork promoted here at Buchanan. Harjender is one more example of how we can help each other help others!

~ Chaplain Rob



September 3 - 2 pm | Willow | with Pete
September 5 - 10 am | Rose | with Alastair
September 11 - 3 pm | Willow | with Steve
September 12 - 10:30 am | Magnolia | with Pete
September 14 - 3 pm | Camelia | with Jesse
September 19 - 2 pm | MPR | with Bill & Company
September 21 - 10 am | Camelia | with Alastair
September 24 - 10:30 | Birthday Tea | all houses | MPR
Music with Salve & Company
September 26 - 3 pm | Rose Garden | with Greg
September 28 - 3 pm | Camelia | with Steve

SPIRITUAL HEALTH
Fall Schedule 2026

Mondays
SPIRITUAL REFLECTIONS
Rose at 10 am | Willow at 11 am

Tuesdays
SPIRITUAL REFLECTIONS
Camelia at 10 am | Magnolia at 11 am

Wednesdays
MASS - 1st Wednesday at 11 am
COMMUNION - 3rd Wednesday at 11 am

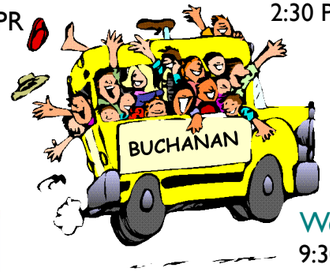
Thursdays
CHAPELS
Rose at 10 am | Willow at 11 am

Sundays
Camelia at 10 am | Magnolia at 11 am

As fall arrives so does indoor fun…

MOVIE TIME

Wednesday | September 23
2:30 PM in the MPR



Bus Trips

Thursday, Sept. 3
11– 2 Lunch at Coquitlam Grill
Wednesday, Sept. 16
9:30 -12 Morning Drive

Crafting Dates for the Fall Craft Sale

Willow - Sept. 2, 9, 16, 23
Rose - Sept. 5, 12, 19, 26
Magnolia - Sept. 11

Donations for the Fall Craft Fair

Items can include but are not limited to:

- Gift cards
- Scented candles
- Bottles of wine
- Or other bottled beverages
- Empty baskets for gift baskets

Also, stuffed animals for Bingo prizes are greatly appreciated!