



# Sandpiper News March 2026



## Happy Birthday March



**LTC**

**Rudy Richer- March 5**

**Jean-Guy Michaud- March 12**

**Marion Feren -March 9**

**Retirement**

**Anette Marion- March 17**

**Edna Dickson- March 25 (101st)**

## Highlights for March

**March 4 -Resident's Council Meeting**

**March 8- Daylight Savings Time begins**

**March 9- Shopping (RET)**

**March10-Guitarsfrom Seaway Seniors Club**

**March12-Roadhouse Dancers**

**March 13-Entertainment with Lucien**

**March 17- St. Patrick'sDay Party with Norm and Diane**

**March 18 Lunch In ( RET)**

**March 20 Spring Begins**

**March 25 -Celebration**

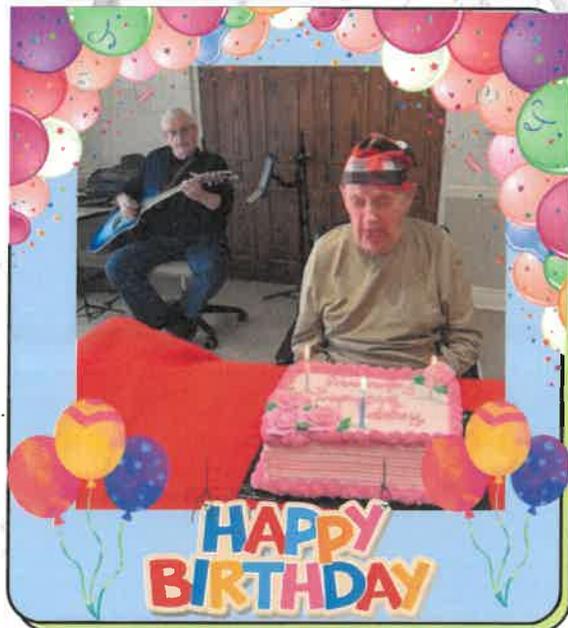
**March 31- Maple Syrup and Johnny Cake**

**WELCOME  
NEW  
RESIDENTS!  
LTC**

Phillis Seguin

David Heuston

Anette Marion



February

**A NOTE FROM THE FOOD SERVICE SUPERVISOR**



Kelly Bailey  
F.S.S.

**Ingredients**

For the Irish Soda Bread:

4 cups (510 g) all-purpose flour, see notes below for making it whole grain

2 teaspoons (12 g) kosher salt

1 tablespoon (13 g) sugar

1 teaspoon (5 g) baking soda

1 cup dried currants, optional

1 egg

1¾ cups (410 g) buttermilk

2 tablespoons melted butter



**Instructions**

Preheat the oven to 400°F. Whisk together the flour, salt, sugar, baking soda, and currants (if using).

In a medium bowl, beat the egg and buttermilk. Add the melted butter and stir to combine.

Add the liquid ingredients to the dry ingredients and stir with a rubber spatula until combined. Mixture will be sticky. Grease a 9- or 10-inch cast iron skillet (or other similarly sized oven-safe vessel) with softened butter. Set aside.

Lightly flour your hands and sprinkle a little flour over the sticky dough ball. Use your hands to scrape the dough from the sides of the bowl and to quickly shape the mass into a ball, kneading lightly if necessary. Transfer to prepared skillet. Sprinkle with a teensy bit more flour. Use a sharp knife to make an X across the top of the dough ball. Place in oven and bake for 35 to 40 minutes or until lightly golden and bottom sounds hollow when tapped.

Remove from oven, transfer to cooling rack, and let cool for 15 minutes before slicing.

To store Irish soda bread, tuck it into an airtight bag (such as a ziplock) or an airtight vessel. You can store it at room temperature for about 3-4 days or freeze it for up to 2-3 months.

## NOTES FROM THE ADMINISTRATOR....



Stephanie Kinnear  
Administrator/ Owner

Spring is in the air, at least in my air it is, as this is my favorite time of year when things are new and fresh. I love to see the first bulbs poke their curious heads through the flower beds and the birds sing more contentedly! The days are longer, and the sunlight is such a pleasure. This was the never-ending winter.

As well, here at Sandfield Place, we are excited for Spring as our residents will be able to get outside once the days get slightly warmer and the sun gathers more strength.

Ted Laurier Place is almost there. Our team has been on regular Teams calls with the MLTC Project team and as soon as the Ministry gives us the dates for the Virtual inspection, we can then gauge the date for the on-site and then Move Day for our long term care residents.

Unfortunately, this feels like a moving target, but it does take a lot of high-level reviewing before the actual permit is granted. Sandfield plans to hold 2 information sessions for long term care families and residents prior to this Move Day, so you will have the necessary information. These dates will be released once the MLTC has given us our inspection dates.

As always, I caution those of us who are not feeling well. It is still "flu season" and covid is a cause for concern. We want to avoid any respiratory or enteric outbreaks, as this would cause us to change the move date should we go into an outbreak. Please continue to hand wash when you visit and leave, wear a mask if required, and of course, stay home if you're feeling unwell.

Cheers and Happy March!!

Stephanie Kinnear, Administrator

## FLASHBACK....



Ann Evans  
Activity & Volunteer  
Coordinator

February began with lots of fun but retirement ended it with an outbreak.

But first, we were able to celebrate the Olympics with an opening ceremony. We sampled some Italian dishes and a dessert called Tortufo. delicious! Later in the week we had a downhill ski race and a curling match. Where everyone was a winner. Long term care was able to participate in our annual hockey shootout and Jersey Day. For Valentines Day we all were together to celebrate with live music from Lucien!

Dispite the outbreak Retirement residetns were still able to have lunch in and they enjoyed North End Pizza.Long Term Care ordered from McDonalds.

We are looking forward to the days ahead and can't wait to get outside in the fresh air. March should bring some fun with St. Patrick's Day and lots of entertainment coming in. We have a lot to look forward to!!

Happy March everyone!



**HOCKEY SHOOTOUT!**



**CURLING**



Jersey Day!



**FROM THE DESK  
OF THE D.O.C.**

Hi everyone!

We have made it to March. The work at Ted Laurier Place is nonstop. We have been doing orientation with new staff and learning about how the home systems work. Friday, we had an in-service on how the new call bells and phones will operate. It is amazing to watch everything come together.

If you have any questions at all about the move, please do not hesitate to call me. (613)933-6972 ext. 26

Casey Saddlemire, R.N. BScN. DOC



Casey Saddlemire  
D.O.C



In Memoriam

Paul Brosseau -Feb 1, 2026

Dorrena Brisson - Feb. 9 2026

Jack Forsyth-Feb. 25, 2026



We, at Sandfield Place join together to extend our sincere condolences to the family and friends of our departed residents.

Memorial Donations to the Residents' Council of Sandfield Place are accepted and appreciated.

Memorial cards are available at the business office and the activity office. Receipts are issued.

**A look at some interesting places and spaces at Ted Laurier Place**

**TED LAURIER**  
*Place*



## LOOKING TOWARD TED LAURIER PLACE

Did you know that Ted Laurier Place is named after two of our residents? Ted still lives here at Sandfield Place and has, since it opened in 1991. Laurier came to live with us shortly after and the two became roommates and friends. Over the years they became more like brothers. With common interests like playing chess and a love of North End Pizza.

Unfortunately, in 2023 Laurier passed away. The loss was felt deeply by residents, staff, family members and especially Teddy.

The picture you see is Teddy's first visit to Ted Laurier Place. Behind him is a picture dedicated to Laurier that was donated by Laurier's family.

The picture below is of Laurier ❤️



## St. Patrick's Day Facts

- St. Patrick's Day is observed on March 17, and it celebrates St. Patrick, who is said to have died on that date.
- In Ireland, people wear small bunches of shamrocks on their clothes to celebrate the holiday. Children wear orange, white, and green badges, and women wear green ribbons.
- The Irish flag is green, orange, and white.
- Four-leaf clovers are considered lucky. Each leaf means something: hope, faith, love, and luck.
- There are 10,000 three-leaf clovers for every four-leaf clover.
- The traditional symbols for St. Patrick's Day are the shamrock, leprechauns, green, a harp, the Celtic cross, and the Blarney Stone.

What do you call it when two leprechauns have a conversation?

Small talk.

Where do rainbows go after being arrested?

Prism.

What would you get if you crossed Christmas with St. Patrick's Day?

St. O'Claus.



# ST. PATRICK'S DAY WORD SEARCH



c i r e l a n d s i p  
j s w e u m a r c h t  
p f p a c u h s d a r  
f a o i k a c p s r a  
a o t u y h e a h t i  
l e p r r e c h a u n  
u m a a i t r r m w b  
i e r r o c e s r x o  
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s l e a r v l l k t d  
h d s c h e s a i n t  
k w e e r r e f r i e  
h c g o h o l n t f k

Irish  
Emerald  
Clover  
Lucky'  
Ireland

Parade  
Leprechaun  
Patrick  
Gold  
Rainbow

Pot  
Shamrock  
Green  
Saint  
March