

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Happy New Year!	1 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	2 Daily Horoscope 9:30 Musical Exercise 10:00 Residents Council Meeting 10:30 Word Game 2:00	3 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	4 Daily Horoscope 9:30 Musical Exercise 10:00 Word Games 10:30 Arts & Craft 2:00	5 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Learning Sign Language Class 10:30 Bingo 2:00	6 SCAVENGER WALK HUNT (All DAY) CT Book Club Time 10:30
7 Free Day 😊	8  NO ACTIVITY TODAY	9  NO ACTIVITY TODAY	10  NO ACTIVITY TODAY	11 My Voice Meeting 10:30  NO ACTIVITY TODAY	12  NO ACTIVITY TODAY	13 NO SCAVENGER HUNT TODAY CT Book Club Time 10:30
14 Hymn Sing with Grace 😊	15 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	16 Daily Horoscope 9:30 Musical Exercise 10:00 Word Games 10:30 Painting Nails 2:00	17 Daily Horoscope 9:30 Musical Exercise 10:00 Life Enrichment Meeting 10:30 Bingo 2:00	18 Daily Horoscope 9:30 Musical Exercise 10:00 Holy Mass by Fr. Joseph 10:30 Arts & Craft 2:00	19 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Learning Sign Language Class 10:30 Bingo 2:00	20 SCAVENGER WALK HUNT (All DAY) CT Book Club Time 10:30
21 Free Day 😊	22 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	23 Daily Horoscope 9:30 Musical Exercise 10:00 Word Games 10:30 Arts and Craft 2:00	24 Daily Horoscope 9:30 Musical Exercise 10:00 Walmart 10:30 Bingo 2:30	25 Daily Horoscope 9:30 Musical Exercise 10:00 Preparation for the Party 10:30 Monthly Birthday Celebration 2:00	26 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Dinning Committee Meeting 10:30 Learning Sign Language Class 11:00 Bingo 2:00	27 SCAVENGER WALK HUNT (All DAY) CT Book Club Time 10:30
28 Hymn Sing with Grace 😊	29 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	30 Daily Horoscope 9:30 Musical Exercise 10:00 Word Games 10:30 Arts and Craft 2:00	31 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 2:00	January Calendar Courtyard Terrace		

JANUARY 2024



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

W: www.parkplaceseniorsliving.com T: 604 437 6262

Dear Resident, Family and Staff,

Welcome to 2024!

I want to take a moment and say a special thank you to Cathy and Marlou for making December a month to remember! A good time was had by all who attended the many events.

This truly was a Christmas to remember!

In this Newsletter

- New & Noteworthy
- Home Updates
- Upcoming Events
- Our Four Strategic Imperatives
- How to get Involved

NEW & NOTEWORTHY

And the winner of the staff hallway decorating contest is.....

Courtyard Terrace will be hosting our very first Resident Art show in February 14-16, 2024. It will be a 3-day event showcasing the creativeness of our residents. Be prepared to walk our halls and enjoy the displays! Please speak with Cathy if you would like to showcase items during the event.

IMPORTANT DATES

DATE – JANUARY 1, 2024

NEW YEAR'S EVE

DATE – JANUARY 11, 2024

My Voice Meeting

DATE – JANUARY 17, 2024

Life Enrichment Meeting

DATE – JANUARY 25, 2024

Monthly Birthday Celebration

Our Mission

What We Do

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

Our Vision

Why We Exist

At Park Place Seniors Living we are committed to ensuring a "Voice and a choice" for everyone we serve.

MINISTRY OF HEALTH UPDATE

Effective October 3, 2023:

- All staff will be required to wear medical mask at all times
- All visitors/contractor/volunteers must wear medical masks in hallways and common areas.
- Visitors are required to wear medical masks when participating in indoor events, activities and gatherings in communal areas
- Ambassadors will be at the entrance doors to support screening of visitors/contractors/volunteers for symptoms of respiratory illness, hand out medical masks and ensure people clean their hands before entering.

Rapid Antigen testing kits:

To get a free rapid antigen testing kit, you must be:

- A resident of B.C.
- Registered for Medical Services Plan (MSP)
- 18 years or older

You will need your Personal Health Number to pick up your testing kit.

Booster Dose information:

A booster dose is an additional shot of vaccine that helps you maintain and lengthen your protection against severe outcomes of COVID-19.

For more information on how to receive your booster dose:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster>

Important Links

Fraser Health Covid information: <https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus#.YXrfqZ7MKU>

BC CDC Covid information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Visitation at Courtyard Terrace

With the Ministry of Health recent requirements regarding masking and screening, we will need to reintroduce visiting hours.

Visiting hours at Courtyard Terrace are daily from 9:30am – 7:30pm.

If you need to visit outside these hours please call ahead and speak with Michelle or the LPN on duty.

Visitors will be verbally screened for signs and symptom of illness prior to every visit.

Visitors must sign in on the provided sign in sheet

Visitors are expected to practice hand hygiene and respiratory etiquette while visiting at Courtyard Terrace.

Visitors must wear a mask while in all common areas. Mask can be removed when inside the suite.

COURTYARD TERRACE SNAP SHOTS

DECEMBER 2023 Happenings at Courtyard Terrace

Monthly Birthday Celebration



Family Residents Christmas Dinner



Residents Christmas Dinner



DID YOU KNOW...



JANUARY BIRTHDAY FUN FACTS

Garnet birthstone
symbolizes
balance

January babies
are more likely to
be famous

JANUARY
BABIES
ARE
ADVENTUROUS,
TALKATIVE
AND
ENTERTAINING

ORIGINAL
CHRISTMAS
DAY WAS
JANUARY 6
(JULIAN CALENDAR)

JANUARY IS
HOME OF WINNIE
THE POOH DAY
(1/18)

JANUARY
BABIES
ARE MORE
LIKELY TO
BE DOCTORS
AND CEOs

LET'S HEAR IT FOR
JANUARY
BIRTHDAYS!!



Upcoming Events

New Years Day

Monday, January 1, 2024
(Enjoy your day 😊)

Resident's Council Meeting

Tuesday, January 2, 2024
(Dining Area – 10:30 am)

My Voice Meeting w/ Michelle

Thursday, January 11, 2024
(Dining Area – 10:30 am)

Life Enrichment Committee Meeting

Wednesday, January 17, 2024
(Dining Area – 10:30 am)

Holy Mass by Fr. Gabriel

Thursday, January 18, 2024
(Lounge – 10:30 am)

Walmart Outing

Wednesday, January 24, 2024
(Departure – 10:30 am)

Monthly Birthday Celebration

Thursday, January 25, 2024
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, January 26, 2024
(Dining Area – 10:00 am)



Courtyard Business Corner

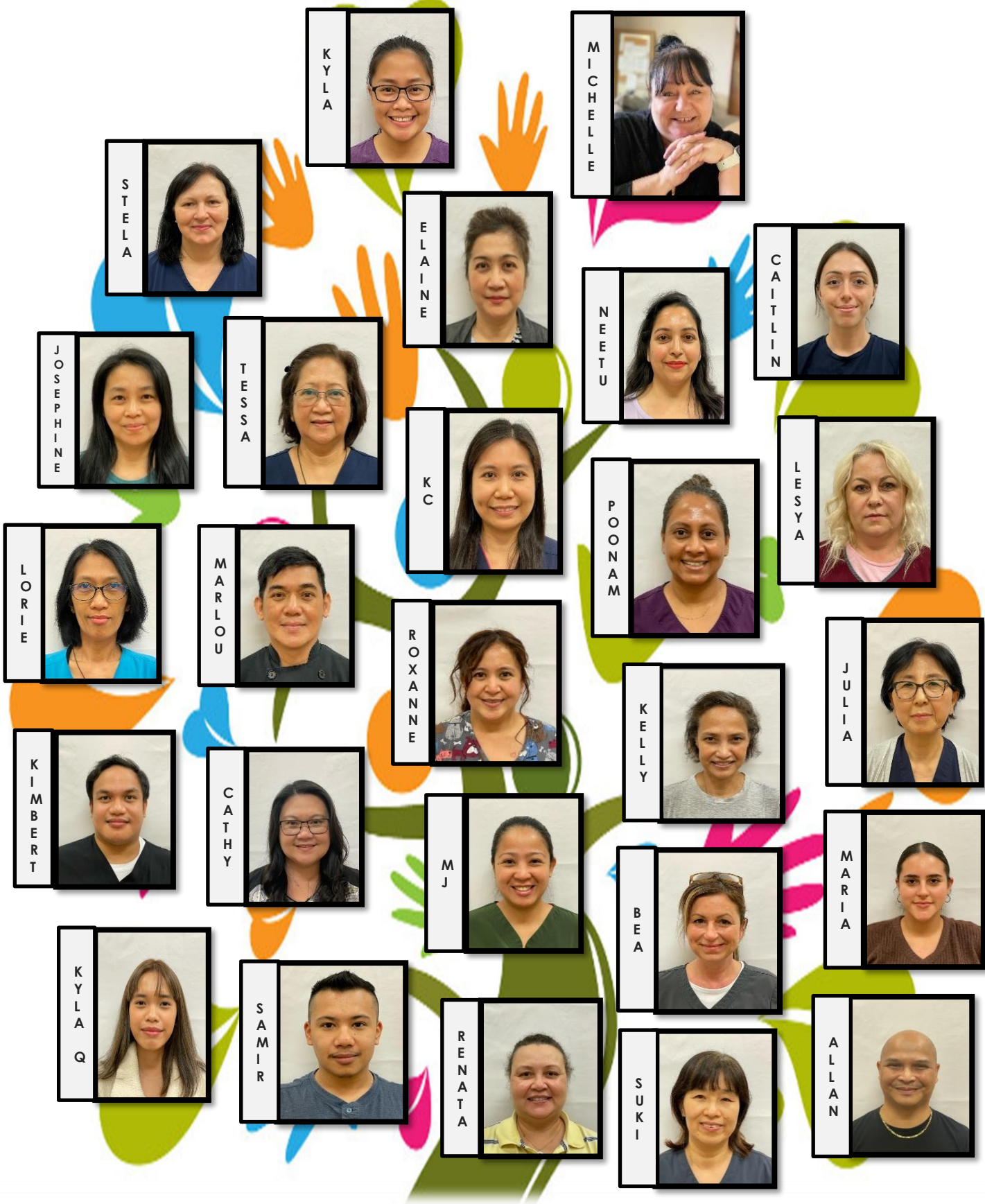
Request: Let's start to keep ourselves busy and enjoy the fall/winter seasons. If you have in mind to try something new this season, please feel free to go the REC office and tell me what is it, and I will be delighted to hear your new ideas.

CT Store: Available between the hours **8:00 – 4:30 pm**. Rec and LPN on duty will be glad to assist you.

Items Available: Toothpaste, Kleenex, Bathroom Tissues, Soaps, Shampoo, Paper Towels, Lotion, Shampoo, Gums, Candies, Biscuits, Pops and Different Variety of Chips, Chocolates and etc....

Thank you and Always Stay Healthy with a SMILE 😊

MEET THE TEAM:



Staff Anniversary



Kyla 3 years

Staff Birthdays



Staff Function



How to Reach Us

Michelle Bragg: 604 437 6262 ex 1
or MBragg@Simpeq.ca.

Cathy: 604 437 6262 ex 5 or
rec.ct@Simpeq.ca

Renata 604 437 6262 ex 2 or
ctreception@Simpeq.ca

Marlou: 604 437 6262 ex 3

Shout Outs

A big welcome back to Irma and Jessica who have successfully completed their Resident Care Aide schooling. They will be joining our care staff team!

JANUARY BIRTHSTONE & ZODIAC SIGN

BIRTHSTONE:

January

MEANING:

Healing
Self-respect
Self-love



ASTROLOGY:

Virgo
Leo
Capricorn

Garnet is an incredibly positive stone, as it is believed to open your heart and help you to both receive and radiate love.

Capricorn: The Goat

December 22-January 19

Element: Earth	Lucky Day: Saturday
Color: Dark Green & Brown	Lucky Numbers: 2 and 8
Birthstone: Garnet	Ruling Planet: Saturn
Keywords: I USE	Duality: Feminine

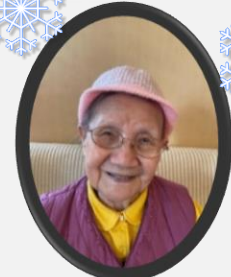
The Capricorn may be seen as very serious but in reality they are determined and relentless. A typical Capricorn places great emphasis on hard work, fulfilling their obligations. They don't like to stand still and be bored. They are a determined seekers of understanding and power. Capricorns are ambitious and persevering. They have a tremendous sense of humor and fun but don't show it, except when they are with very close friends. The world sees them as steady and reliable.

Signs most compatible with Capricorn: Taurus, Virgo, and Capricorn

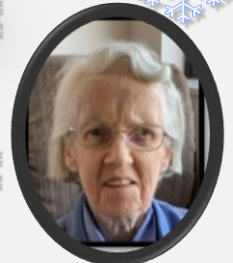
Potential compatible: Scorpio and Pisces
Signs that are challenging for Capricorn: Aries, Gemini, Leo, Libra, Sagittarius, and Aquarius
Least Compatible: Cancer

BIRTHDAYS THIS MONTH

JANUARY 2024



Chau chan – 2nd



Marnie – 9th



Firoz – 14th



Maria – 25th

RESIDENTS CORNER

CT Library


From the Library....

We have more shelves! With great help from our Library Club member Sandra, all our newly donated books are out on display! Thank you so much Sandra!

Thanks also to Michelle, Kimbert, student Michael, and Renata for moving and arranging the shelves!

The Burnaby Public Library is now dropping off and picking up books and audio books here at Courtyard Terrace once a month. All the contact information and the dates for pick up and drop off each month are hanging up in the CT Library. For more information about this talk to Shea.

Book Club has started reading a new book from the *Cat Who ...* series by Lilian Jackson Braun: *The Cat Wasn't There*. Come help us figure out "who done it" Saturdays at 10:30.

Happy Reading! 


Garden Club

From the Garden...

Well, the beautiful yellow chrysanthemums finally faded the winter. We still have a couple pretty echinacea flowers holding on.

All the snowdrops are popping up early because it has been so mild. Even the bluebells and daffodils are poking through. We will do our best to protect everything that needs protecting if we get a cold snap.

For now we pick up wet leaves from the garden bed and dream of spring!

Happy gardening! 



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in December with no actionable items:

Declutter Audit
Donning and Doffing
Leadership Walkabout
Soiled Utility Audit
Weekly Housekeeping Audit
Safety and Sanitation Audit
Communication Audit
Meal Care Audit
Kitchen Cleanliness Audit
Hand Hygiene Audit
Environmental Marker Audit

Copies of the Audit will be placed on the What We Are Up To Quality Board located in the east hallway by the entrance to the dining room.

Policy Updates

We are continuing to transition Courtyard Terrace to Park Place Seniors Living policies and procedures.

We will be focusing on enhancing the dining experience. What we are working on so far.

- The first shipment of tables and chairs has arrived and is in the dining room.
- The remain tables and chairs are expected in February.
- New furniture for the east sun room and the staff room is expected in February as well,

Department Updates

Kyla has been accepted into the BSN program starting January 8, 2023. We are very happy and excited for her to start the next chapter in her nursing career. Not to worry, she is staying on as a casual nurse so we will still get to see her occasionally.



OUR FOUR STRATEGIC IMPERATIVES

1. Quality & Safety

1. We will be working on our Home Goals for 2023 based on the results of our resident and family survey.

Results for will be posted on the "What we are up to" board

2. Sustainability & Innovation

1. All doors in the building will have red tags installed
2. Maintenance Care program will be implemented

3. Great Work Places

1. We are looking for ideas on creative and meaningful way to recognize our dedicated staff.

We continue to focus on these goals for the month of January..

4. Industrial Leadership

1. All Site Leaders will be involved in developing a marketing strategy for their homes

2. All Site Leaders will focus on improving their satisfaction rating

Do you think we are doing a great job? Why not leave us a Google review. QR codes available at reception.



Share our new video with your family and friends.

<https://www.parkplaceseniorsliving.com/find-a-location/british-columbia/lower-mainland/courtyard-terrace/>

HOW TO GET INVOLVED

There are some great options to stay informed and engaged with us.

1. **Talk with the staff on-shift about how your loved one is doing** and update them on changes you see.
2. **Join or attend a committee or council meeting.** We will trialling a virtual platform that will allow families to attend.
3. Get involved in **quality improvement initiatives** that matter to you. Talk to staff about areas you would like to be involved in.
4. **Provide recreation ideas** that your family would enjoy! Email Cathy at rec.ct@Simpeq.ca
5. **Volunteer.** Your help matters and is always truly appreciated!
6. **Submit your ideas and suggestions** on forms available on reception. We welcome your ideas and suggestions and will review at each My Voice meeting going forward for action planning.

Our Values

Together we **STRIVE** for Excellence

S	T	R	I	V	E
Safety & Quality	Teamwork & Partnerships	Responsibility & Stewardship	Innovation & Creativity	Voices that are Respected	Empathy & Trust
By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.	By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.	By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.	By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.	By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.	By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.

Park Place Seniors Living

www.parkplaceseniorsliving.com

Phone: (604) 266-1436

1656 W 75th Ave, Vancouver, BC V6P 6G2

Monthly Meetings

The Resident Council meets on the first Tuesday of every month at 10:30am in the dining room.

The My Voice Meeting is held on the second Thursday of the month at 10:30am in the dining room.

The Courtyard Terrace Dining Committee meeting are held on the last Friday of the month at 10:30am in the dining room.

Life Enrichment Committee is held on the third Wednesday of the month at 10:30am in the dining room.

Useful Numbers

Foot Care: Sole Provider Foot Care
Tyffany 604 341 7087

Hair Dresser: Stephanie
778 895 0337

Meet your Resident Council



Co-chair Shea

Meet your Resident Council



Co-chair Janise