

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|---|--|---|--|--|---|---|
|  <h1>March 2024</h1> <p>Maple Court and Willow Place</p>  |  |   |  |  |   |   |
| <b>3</b><br>10 Fun & Fit GR<br>11 Gentle Connection GR<br>1:45 Hymn Sing A<br>3:30 Sing Along with Susie Q GR   | <b>4</b><br>10 Bowling GR<br>11 Snoezelen GR<br>1:30 Tin Can Shoot E'm Up<br>3:30 Bingo M  | <b>5</b><br>10 March into March GR<br>11 Gentle Connection<br><b>1:30 Resident &amp; Family Council Meeting GR/V</b><br>3:30 Crazy 8's GR                           | <b>6</b><br>10 Morning Exercise GR<br>11 Baby Therapy GR<br>1:30 Prayer Group<br>2:30 Movie Matinee A                              | <b>7</b><br>10 Mind & Body GR<br>11 Sensory GR<br>1:30 Curling GR<br>3:30 Bingo C                    | <b>1</b><br><b>11 Communion Service - St. Nicholas Church A</b><br>1:30 Bocce Ball GR<br>3:15 Music with Ravensong A        | <b>2</b><br>10:30 Coffee in Paris M<br>1:30 Target Toss GR<br>3:30 Sugar Rush   |
| <b>10</b><br><i>Daylight Saving Time Begins</i><br>10: Bean Bag Toss GR<br><b>2:00 Church Services Living Waters A</b><br>3:30 Trivia GR<br><small>Ramadan Begins<br/>Daylight Saving Time Begins</small> | <b>11</b><br>10 Balloon Toss GR<br>11 Gentle Connection - Animal Visits W<br>1:30 Arts & Crafts GR<br>3:30 Bingo M   | <b>12</b><br>10 Celtic Exercise<br>11 Luck of the Irish Sensory GR<br>1:30 Sing Along with Nita A<br>3:30 Lucky Numbers Game  | <b>13</b><br>10 Leprechaun Fitness<br>11 Gentle Connection<br><b>1:30 Entertainment w/ Brian Z A</b><br>2:30 Irish Movie Matinee C | <b>14</b><br><b>10:30 Armchair Travel To Ireland GR</b><br>1:30 Shoot in the Pie! GR<br>3:30 Bingo C | <b>15</b><br><b>11 Legion of Mary Rosary - St. Nicholas Church A</b><br>1:30 Leprechaun Races A<br>3:30 Truth or Blarney GR | <b>16</b><br>10 Shamrock Shake Exercise GR<br>11 Sensory GR<br>1:30 Hit the Leprechaun!<br>3:30 Sugar Rush                        |
| <b>17</b><br><b>St. Patrick's Day</b><br>10 St. Patrick's Day Social GR<br><b>2:00 Church Service Evangelical A</b><br>3:30 Sing Along with Susie Q GR<br><small>St. Patrick's Day</small>                | <b>18</b><br>10 Ball Fit GR<br><b>12:30 St. Patrick's Lunch</b><br>3:30 Bingo M  | <b>19</b><br><i>Spring Begins!</i><br>10 Gentle Exercise GR<br>1:30 Music with Gary & Friends M<br>3:30 Creative Corner: Puzzles GR<br><small>Spring Begins</small> | <b>20</b><br>10 Fitness GR<br>11 Snoezelen Room<br>1:30 Prayer Group<br>3:30 Karaoke A   | <b>21</b><br>10 Easter Photo Booth<br>11 Gentle Connection<br>1:30 Target Toss GR<br>3:30 Bingo C    | <b>22</b><br>10 Balloon Madness!<br>3:30 Headbands A<br><b>Happy Birthday George W &amp; Juan W.</b>                        | <b>23</b><br>10 Weekend Stretch<br>11 Gentle Connection<br>1:30 I SPY Easter GR<br>3:30 Sugar Rush<br><small>Purim Begins</small> |
| <b>24</b><br>10 Morning Fitness GR<br>11 Baby Therapy GR<br>1:45 Hymn Sing A<br>3:30 Easter Egg Coloring GR<br><b>Happy Birthday Sharon R.</b><br><small>Palm Sunday</small>                              | <b>25</b><br>10 Bean Bag Number Toss GR<br>11 Gentle Connection GR<br>1:30 Creative Corner: Coloring GR<br>3:30 Bingo M  | <b>26</b><br>10 Balloon Toss GR<br>11 Gentle Connection GR<br>1:30 Sing Along GR<br>3:30 Manicure & Hand Massage W<br><b>Happy Birthday Glenn P.</b>                | <b>27</b><br>10 Eggercise GR<br>11 Gentle Connection<br>1:30 Funny Bunny Word Games GR<br>3:30 Karaoke M                           | <b>28</b><br>10 Easter Egg Craft GR<br>1:30 Bunny Bowling GR<br>3:30 Bingo C                         | <b>29</b><br><b>Good Friday</b><br>10 Eggercise GR<br>11 Gentle Connection<br>2:00 Easter High Tea A                        | <b>30</b><br>10 Weekend Stretch<br>11 Animal Therapy GR<br>1:30 Egg Exchange Dice Game GR<br>3:30 Sugar Rush                      |
| <b>31</b><br><b>Easter Sunday</b><br>10 Moving and Groving<br><b>12:30 Easter Brunch</b><br>3:30 Easter Hymn Sing A<br><small>Easter Sunday</small>   |  <p><i>Program Venue</i><br/>           M = Maple Court W = Willow Place<br/>           V= Virtual GR = Great Room<br/>           C = Cherry Lane A = Alder Way<br/> <b>ALL PROGRAMS ARE SUBJECT TO CHANGE. PLEASE CHECK THE DAILY ACTIVITY BOARD.</b></p> |   |  |  |   |   |

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|---|---|--|---|--|
| <div>   <h1>March 2024</h1> <p>Alder Way and Cherry Lane</p> </div> |   |   |   |  |   |  |
| <b>3</b><br>10 Snoezelen Cart A<br>11 Snoezelen Cart C<br>1:45 Hymn Song A<br>3:30 Karaoke C  | <b>4</b><br>10 Coffee Chatter A<br>1:30 Balloon Toss C<br>3:30 Bingo M  | <b>5</b><br>10 Seated Yoga A<br>11 Puzzle C<br><b>1:30 Resident &amp; Family Council Meeting GR/V</b><br>3:30 Crazy 8's GR                                | <b>6</b><br>10 Walker's Club A<br>11 Reader's Club C<br>1:30 Prayer Group<br>2:30 Movie Matinee A                             | <b>7</b><br>10 Balloon Toss C<br>11 Gentle Connection A<br>1:30 Tin Can Shoot E'm Up C<br>3:30 Bingo C | <b>1</b><br><b>11 Communion Service - St. Nicholas Church A</b><br>1:30 UNO C<br>3:15 Music with Ravensong A                        | <b>2</b><br>10 Flashback C<br>11 Pass the Balloon A<br>1:30 Spring Flowers Making C<br>3:30 Sugar Rush                                     |
| <b>Daylight Saving Time Begins</b><br>10 Snoezelen Cart A<br>11 Snoezelen Cat C<br><b>2:00 Church Services Living Waters A</b><br>3:30 Sing Along C<br><small>Ramadan Begins<br/>Daylight Saving Time Begins</small>                    | <b>11</b><br>10 Coffee Chatter C<br>1:30 Bocce M<br>3:30 Bingo M  | <b>12</b><br>10 Seated Yoga C<br>11 Trivia A<br>1:30 Sing Along with Nita A<br>3:30 Crazy 8's C   | <b>13</b><br>10 Walker's Club A<br>11 Reader's Club C<br><b>1:30 Entertainment w/ Brian Z A</b><br>2:30 Irish Movie Matinee C | <b>14</b><br><b>10:30 Armchair Travel To Ireland GR</b><br>1:30 Bean Bag Toss A<br>3:30 Bingo C        | <b>15</b><br><b>11 Legion of Mary Rosary - St. Nicholas Church A</b><br>1:30 Leprechaun Race A<br>3:30 St. Patrick's Day Coloring C | <b>16</b><br>10 Arts & Crafts – St. Patrick's Pot of Gold Poster A<br>1:30 Fill Your Pot w/ Gold Game C<br>3:30 Sugar Rush                 |
| <b>St. Patrick's Day 17</b><br>10 St. Patrick's Day Social GR<br><b>2:00 Church Service Evangelical A</b><br>3:30 Gentle Connection<br><small>St. Patrick's Day</small>   | <b>18</b><br>10 Coffee Chatter A<br><b>12:30 St. Patrick's Lunch</b><br>3:30 Bingo M<br><b>Happy Birthday Velma E.</b>  | <b>Spring Begins! 19</b><br>10 Seated Yoga A<br>11 What is For Easter?<br>1:30 Sing Along with Nita A<br>3:30 Crazy 8's C<br><small>Spring Begins</small> | <b>20</b><br>10 Walker's Club C<br>11 Reader's Club A<br>1:30 Prayer Group<br>3:30 Karaoke A                                  | <b>21</b><br>10 Snoezelen Cart A<br>11 Easter Photo Booth<br>1:30 Painting A<br>3:30 Bingo C           | <b>22</b><br>10 Walking Club C<br>3:30 Headband Game A<br><b>Happy Birthday Brian B.</b>  | <b>23</b><br>10 Balloon Toss C<br>11 Manicure and Hand Massage A<br>1:30 LCR Dice Game C<br>3:30 Sugar Rush<br><small>Purim Begins</small> |
| <b>24</b><br>10 Arts & Crafts C<br>11 Baby Therapy A<br>1:30 Hymn Sing A<br>3:30 Movie Time A<br><small>Palm Sunday</small>   | <b>25</b><br>10 Coffee Chatter C<br>1:30 Easter Egg Decorating A<br>3:30 Bingo M  | <b>26</b><br>10 Seated Yoga C<br>11 Finish the Line A<br>1:30 Coloring Club A<br>3:30 Crazy 8's C   | <b>27</b><br>10 Walker's Club A<br>11 Readers Club C<br>1:30 Arts & Craft C<br>3:30 Karaoke M                                 | <b>28</b><br>10 Let's do the Twist A<br>11 Painting C<br>1:30 The Way to Calvary A<br>3:30 Bingo C     | <b>Good Friday 29</b><br>10 Holy Week Trivia C<br>11 Easter Egg Hunt A<br>2:00 Easter High Tea A                                    | <b>30</b><br>10 Indoor Bocce C<br>11 Animal Visits A<br>1:30 Crazy 8's C<br>3:30 Sugar Rush<br><b>Happy Birthday Van N.</b>                |
| <b>Easter Sunday 31</b><br>10 Chair Exercises C<br><b>12:30 Easter Brunch</b><br>3:30 Easter Hymn Sing A<br><small>Easter Sunday</small>  | <div>  <div> <p><u>Program Venue</u></p> <p>A = Alder Way C = Cherry Lane<br/> V = Virtual GR = Great Room<br/> M= Maple Court W= Willow Place</p> <p><b>ALL PROGRAMS ARE SUBJECT TO CHANGE. PLEASE CHECK THE DAILY ACTIVITY BOARD</b></p> </div>  </div> |   |   |  |   |  |



# The Scoop

## Fort Langley Seniors Community



# March

## 2024



8838 Glover Road, Box 40 Fort Langley, B.C V1M 2R4



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# MARCH

## UPCOMING EVENTS

- ❖ Friday March 1 & 15 at 11:00 – **Communion and Rosary Service**
- ❖ Tuesday March 5 at 1:30 – **Resident and Family Council Meeting**
- ❖ Sunday March 10 & 17 at 2:00 – **Church Service**
- ❖ Friday March 1 at 3:15 – **Music with Ravensong.** Tuesday March 19 at 1:30 – **Music with Gary and Friends**
- ❖ Wednesday March 13 1:30 – **Entertainment with Brian Z**
- ❖ **Monday March 18 – St. Patrick's & Special Birthday Lunch 12:30PM**
- ❖ Wednesday March 6 & 20 at 1:30 – **Prayer Group**
- ❖ Thursday March 14 – **Armchair Travel to Ireland**
- ❖ **Sunday March 31 – Easter Sunday, Easter Brunch 12:30PM**

*Please check the daily activity board in each neighbourhood. **Programs are subject to change due to flu season!***

## Our Mission What We Do

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

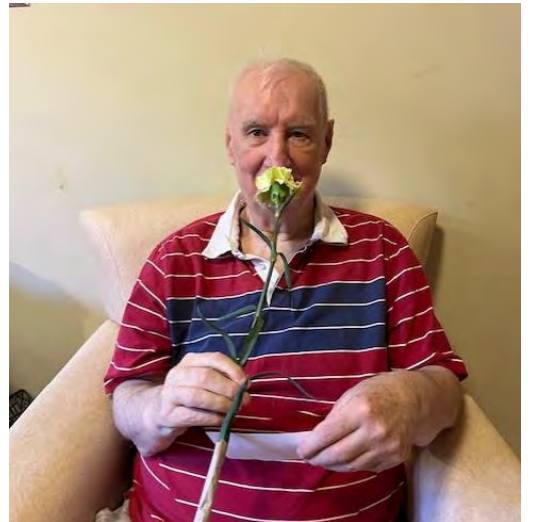
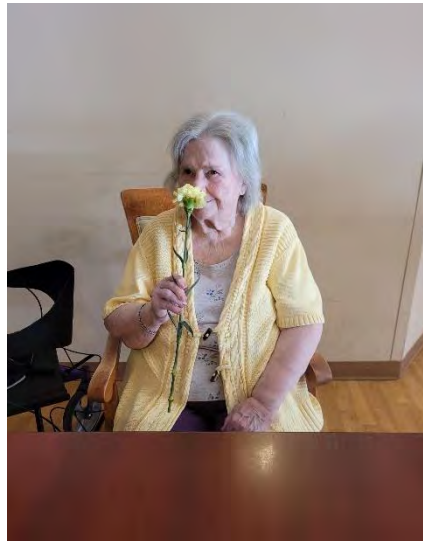


## Our Vision Why We Exist

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



## Pictures of FLSC





## Home Updates

### Resident and Family Council

# RESIDENT & FAMILY COUNCIL



Please join us for  
our Monthly Resident  
and Family Council  
Meeting!

DATE: Tuesday March 5  
TIME: 1:30PM  
PLACE: Great Room (2nd  
Floor) & Teams Meeting

Contact: Mikayla - Recreation &  
Volunteer Manager if you have any  
questions:



[fortlangley.rectherapy@ppsl.com](mailto:fortlangley.rectherapy@ppsl.com)

### Suggested Visiting Hours

| Day   | Hours   |
|-------|---------|
| Daily | 9am-5pm |

### FLSC Monthly Education for Families

*Park Place Seniors Living Brochure:*

1. Why Has My Loved One's Appetite Changed?
2. Swallowing Difficulties
3. Hydration – Drinking Fluids is Important
4. Getting a Good Night Sleep  
(Brochures located in Lobby)

*Code of the Month: Code Blue –  
Cardiac Arrest/Medical Emergency*

### Resident & Family Champion

Fort Langley Seniors Community

## RESIDENT & FAMILY CHAMPION



DO YOU WANT  
TO BE A  
CHAMPION?



We are still  
looking for a  
resident and  
family  
member to  
join our  
Resident &  
Family  
Champion  
Program here  
at Fort  
Langley  
Seniors  
Community

### WHAT IS A RESIDENT & FAMILY CHAMPION?

- Is a current Resident or Family Member who helps to welcome new Residents and families.
- Answer their questions or concerns.
- Show them around the Home.
- Help them in any way to make them feel more comfortable.

CONTACT: MIKAYLA - RECREATION AND VOLUNTEER MANAGER  
[FORTLANGLEY.RECTHERAPY@PPSL.COM](mailto:FORTLANGLEY.RECTHERAPY@PPSL.COM)

## Site Leaders Corner

As we step into the month of March, I'm pleased to share some updates and reflections with you all. Firstly, I want to express gratitude for everyone's continued support and cooperation in ensuring the well-being of our community. In recent weeks, we've seen a glimmer of hope as the number of respiratory cases decreased towards the end of February. This is a promising sign, but we must remain vigilant and continue to adhere to infection control protocols. Along these positive developments, I will continue to update on any changes in guidelines or protocols issued by the health authority. Our collective efforts in staying informed and following recommended practices are crucial in navigating through these challenging times.

We will be partnering with Fraser Health on a resident satisfaction survey this spring. This short survey will be made available to both residents and families and will cover a variety of program areas. Feedback received will help inform future updates or changes to services to improve residents' experiences in our care community. A Fraser health staff member will be on site administering surveys the dates are yet to be determined. You are invited to attend and participate on these any of these dates on behalf of your family member. If you are unable to attend in person, posters with QR codes linking to the survey will be available at our care community for you to complete at your convenience. If you have any questions, please let us know. Thank you in advance for your feedback.

In other news, our community activities and programs continue to thrive, although with necessary adjustments to ensure everyone's safety. From virtual programs to focused smaller program groups, the recreation team is finding innovative ways to stay connected and engaged during our respiratory monitoring. As always, please don't hesitate to reach out if you have any questions, concerns, or suggestions. Your feedback is invaluable as we strive to make Fort Langley Seniors a safe and supportive environment for all.

Wishing you all a month filled with joy, good health!

**Erick Bautista**, *Site Leader*



## Contact Information

*Fort Langley Seniors Community 604.888.0711*

|   |                                    |  |   |
|---|------------------------------------|--|---|
| <b>Site Leader</b>                        | Erick Bautista                     | Ext. 121                                     | ebautista@ppsl.com  |
| <b>Maintenance</b>                        | Mike Harnden                       | Ext. 124                                     | fortlangley.maintenance@ppsl.com  |
| <b>Support Services</b>                   | Jag Pahal                          | Ext. 125                                     | jpahal@ppsl.com   |
| <b>Admin Assistant</b>                    | Lynn Harrie                        | Ext. 100                                     | lharrie@ppsl.com  |
| <b>Care – Coordinator</b>                 | Amber Develder                     | Ext. 132                                     | fortlangley.care-coordinator@ppsl.com   |
| <b>HR Coordinator</b>                     | Komal Garala                       | Ext. 123                                     | fortlangley.hr@ppsl.com   |
| <b>Recreation &amp; Volunteer Manager</b> | Mikayla Vander Helm                | Ext. 126                                     | fortlangley.rectherapy@ppsl.com   |
| <b>Care Aide Liaison</b>                  | Lois Black                         | Ext. 127                                     | lblack@ppsl.com   |
| <b>Social Worker</b>                      | Jean Tuyisenge                     | Ext. 131                                     | fortlangley.socialworker@ppsl.com<br><i>Onsite Monday, Thursday, and Fridays</i>  |
| <b>Dietitian</b>                          | Caitlyn McNeil                     | Ext. 131                                     | Fortlangley.dietitian@ppsl.com<br><i>Onsite Tuesday, Wednesday, and Thursdays</i> |
| <b>Occupational Therapist</b>             | Jane Chang                         | Ext. 129                                     | Jane.chang@saliusrehab.ca<br><i>Onsite Tuesdays and Thursdays</i>                 |
| <b>Physiotherapist</b>                    | Cheri Lecappelain                  | Ext. 129                                     | <i>Onsite Tuesdays and Fridays</i>  |
| <b>Nurse 1<br/>Nurse 2</b>                | Alder<br>Cherry<br>Willow<br>Maple | Ext. 128<br>Ext. 160<br>Ext. 170<br>Ext. 221 | <b>Please call the extension for the correct neighborhood.</b>                    |

# Fun Corner

## March BIRTHDAYS

Velma E - March 18  
George W - March 22  
Jaun W - March 22  
Bryan B - March 22  
Sharon R - March 24  
Glenn P - March 26  
Van N - March 30

## St Patrick's Day Lunch

12:30PM Monday March 18, 2024

Irish Stew  
Soda Bread  
Baked Potatoes  
Sour Cram & Green  
Onions  
Broccoli &  
Cauliflower  
Triple Chocolate  
Cake



## menu EASTER SUNDAY brunch

12:30PM Sunday March 31, 2024

Waffles with Strawberry Sauce  
Whipped Cream  
Bacon  
Scramble Eggs  
Hasbrowns  
Fresh Fruit

## MENU Easter DINNER

MONDAY APRIL 1, 2024 AT  
5:00PM

Roast Turkey with apple Sage  
stuffing  
Cranberry Sauce  
Gravy  
Mashed Potatoes  
Fresh Vegetable Medley  
Carrot Cake

## Other

### Welcome

Mohammad Q,  
Bob R, Allan J.

### In Loving Memory

**Barbara B –**

December 13, 1924  
– February 6, 2024

**Henry S –** July 2,  
1947 – February 9,  
2024

**Shirley Z –**

December 21, 1938  
– February 21, 2024

**Janet S –** April 18,  
1940 – February 25,  
2024

**Phyllis S –** August  
21, 1937 – February  
27, 2024

### Recreation Wishlist

We have had a few families inquire about what the recreation team is in need of. Thank you for thinking of us and our residents. Please find our Wishlist below:

#### Recreation Department Wishlist

- Vintage items, for a reminiscing box (old telephone, iron etc.)
- Individually wrapped snack sized chocolate – For Bingo Prizes
- New nail polish & remover
- Glassware – no chips or cracks
- Potting soil
- Clear liquid glue

\*Any donations can be given to the Greeters in the lobby\*

*- Thank you*

### Palliative Care Education

**PLEASE JOIN US FOR:  
PALLIATIVE CARE EDUCATION**



**ON FRIDAY MARCH 8, 2024**

**SESSION 1: 2:30-3:30PM**

**SESSION 2: 4:00-5:00PM**

**PRESENTED BY: PARK PLACE** Enriching Lives of Seniors **in Partnership with**  
**LANGLEY HOSPICE SOCIETY**

**FOR MORE INFORMATION PLEASE CONTACT: JEAN TUYISENGE (MSW)**  
**PHONE: 604.888.0711 EXT 131**

**Location: FLSC Boardroom in the basement**  
**Everyone Welcome to Attend**

## Our Values

Together we **STRIVE** for Excellence

**S**

**Safety &  
Quality**

By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.

**T**

**Teamwork &  
Partnerships**

By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.

**R**

**Responsibility  
& Stewardship**

By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.

**I**

**Innovation &  
Creativity**

By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.

**V**

**Voices that  
are Respected**

By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.

**E**

**Empathy &  
Trust**

By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.



**Mikayla Vander Helm, BTR, Recreation & Volunteer Manager**  
**8838 Glover Road, Box 40 Fort Langley, B.C V1M 2R4**  
**Recreation Department 604 888 0711 ext. 126**  
**Fortlangley.rectherapy@ppsl.com**