



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:45 Exercise 1F 10:15 Exercise 3F 10:45 Muscles in Motion 2F 1:00 Pet Care 1F 1:00 BINGO CLUB 3F 3:00 Sensory 2F 3:30 Gardening <small>All Fools' Day</small>	9:45 Muscles & Motion 1F 10:45 Trivia 2F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Pet Therapy 2:00 Book Club 3:00 1:1 Visits 3F 6:00 Brain Games 3F	9:45 Balloon Toss 2F 10:45 News & Views 1F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Bowling 3F 3:30 Doll Therapy 2F 6:00 Table Games 1F	10:00 Church Service 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Birthday Party w/ Dave 3F 3:30 Gardening 6:00 Doll Therapy	11:00 Exercise 3F 1:00 Pet Care 2:00 Men's Club 1F 3:30 Manicure 6:00 Snoezelen 2F	11:00 Exercise 2F 1:00 Pet Care 1 st Floor 2:00 Table Games 3F 4:00 Mini BINGO 3F 6:00 Hand Massage 1F
9:30 Virtual Church Service 1F 10:45 Manicure 2F 1:00 Pet Care 1F 2:00 Movie Matinee 2F	9:45 Exercise 3F 10:15 Exercise 1F 10:45 Muscles in Motion 2F 12:45 Pet Care 1F 2:00 BINGO CLUB 3F 3:00 Sensory 3F 3:30 Gardening	11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Pet Therapy 2:00 Book Club 3:00 1:1 Visits 1F 6:00 Brain Games 1F	9:45 Exercise 1F 10:45 News & Views 2F 11:00 Exercise 3F 2:00 Snakes & Ladder 2 3:30 Doll Therapy 3F 6:00 Table Games 2F	9:45 Exercise 1F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Entertainment w/ Gordon 2F 3:30 Sensory 3F 3:30 Junk Drawer Detective 3F 6:00 Reminiscing 1F	11:00 Exercise 1F 1:00 Pet Care 2:00 Ladies Club 2F 3:30 Trivia 2F 6:00 Snoezelen 1F	11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Table Games 1F 4:00 Mini BINGO 3F 5:45 Hand Massage 2F
9:30 Virtual Church Service 2F 10:45 Manicure 3F 1:00 Pet Care 1F 2:00 Arts & Crafts 2F 3:30 Room Visits 1F	9:45 Exercise 1F 10:15 Exercise 3F 10:45 Muscles in Motion 2F 1:00 Pet Care 1F 2:00 BINGO CLUB 3F 3:00 Sensory 1F 3:30 Gardening	9:45 Muscles & Motion 1F 1:00 Pet Care 1F 12:00 Lunch Club 3:00 1:1 Visits 2F 6:00 Brain Games 2F	9:45 Balloon Toss 2F 10:45 News & Views 1F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Bocce Ball 1F 3:30 Patio Visits 6:00 Table Games 3F	9:45 Muscles & Motion 2F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Entertainment w/ Jared 1F 6:00 Reminiscing 2F	11:00 Exercise 2F 1:00 Pet Care 2:00 Men's Club 1F 3:30 Trivia 1F 6:00 Snoezelen 3F	11:00 Exercise 2F 1:00 Pet Care 1F 2:00 Table Games 2F 4:00 Mini BINGO 3F 6:00 Hand Massage 3F
9:30 Virtual Church Service 3F 10:45 Manicure 1F 1:00 Pet Care 1F 2:00 Arts & Crafts 3F 3:30 Room Visits 2F	9:45 Exercise 3F 10:15 Exercise 1F 10:45 Muscles in Motion 2F 12:45 Pet Care 1F 2:00 BINGO CLUB 3F 3:00 Sensory 2F 3:30 Gardening <small>Passover Begins Earth Day</small>	9:45 Muscles & Motion 2F 1:00 Pet Care 1F 1:30 Celebration of Life 2F 3:30 Pet Therapy 6:00 Hand Massage	9:45 Exercise 1F 10:45 News & Views 2F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Arts & Crafts 3F 3:30 Doll Therapy 1F 6:00 Table Games 2F <small>Administrative Professionals Day</small>	9:45 Exercise 1F 11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Board Games 2F 2:00 1:1 Visits 6:00 Reminiscing 3F	11:00 Exercise 3F 1:00 Pet Care 1F 2:00 Ladies Club 3F 3:30 Trivia 3F 6:00 Snoezelen 1F	11:00 Exercise 1F 1:00 Pet Care 1F 2:00 Table Games 2F 4:00 Mini BINGO 3F 6:00 Hand Massage 1F
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1F= First Floor 2F= Second Floor 3F= Third Floor

Please note: ACTIVITIES ARE SUBJECT TO CHANGE BASED ON AVAILABILITY AND STAFFING

**The
Neighbourhood
News
Cartier House Care Centre**

April



2024

1419 Cartier Ave, Coquitlam, BC V3K 2C6

(604) 939-4654





April



UPCOMING EVENTS



APRIL 4 – BIRTHDAY PARTY W/ DAVE DOROZIO 3RD FL.

APRIL 4- CHURCH SERVICE W/ PASTOR EUGENE 2ND FL.

APRIL 11- LIVE MUSIC W/ GORDON REBELATO

APRIL 16- LUNCH CLUB 3RD FL.

APRIL 18- LIVE MUSIC W/ JARED GILLARD 1ST FL.

APRIL 23- CELEBRATION OF LIFE 2ND FLOOR

APRIL 30- RESIDENT AND FAMILY COUNCIL MEETING

Earth Day





Activity Highlights



BINGO CLUB & MINI BINGO



EXERCISE



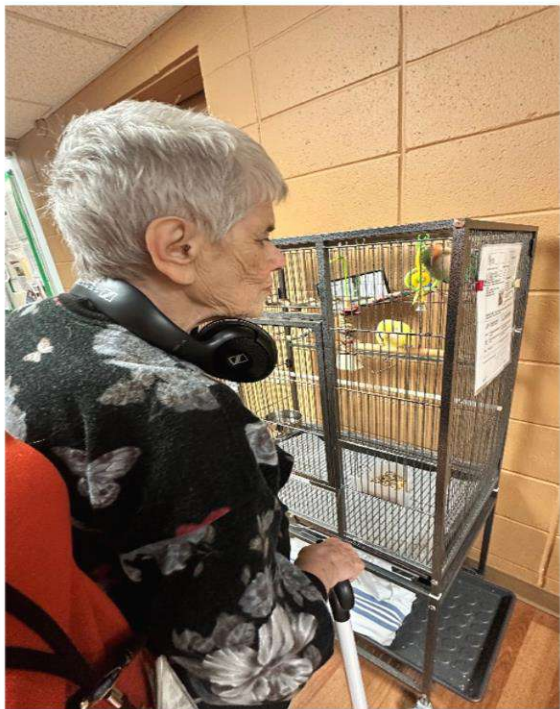
Active Games



JUNK DRAWER DETECTIVES



PET THERAPY and BIRD VISIT



INFECTION PREVENTION AND CONTROL

STAFF CLOSELY ENFORCES INFECTION PREVENTION AND CONTROL PROTOCOL, ENCOURAGING RESIDENTS TO PRACTICE GOOD HAND HYGIENE BOTH BEFORE AND AFTER INTERACTING CLOSELY WITH OUR VOLUNTEER PET THERAPY DOG, HARRIET.

TOWELS ARE ALSO BEING GIVEN TO RESIDENTS WHO WISHES TO PET HARRIET ON THEIR LAP.



MOVIE MATINEE



ST. PATRICK'S DAY





CHURCH SERVICE



LUNCH CLUB

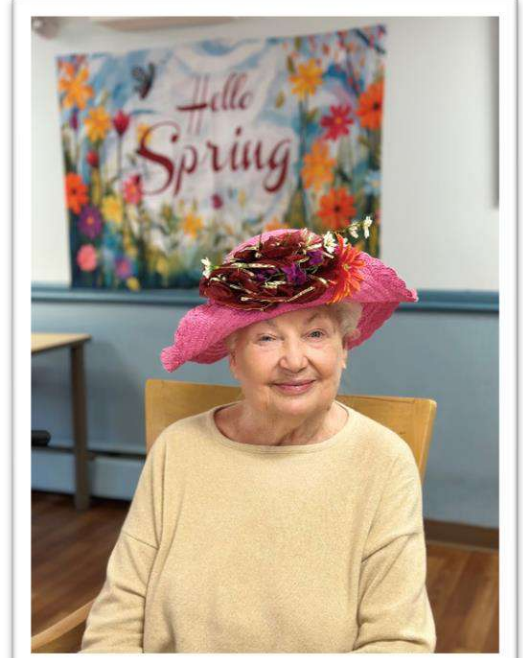
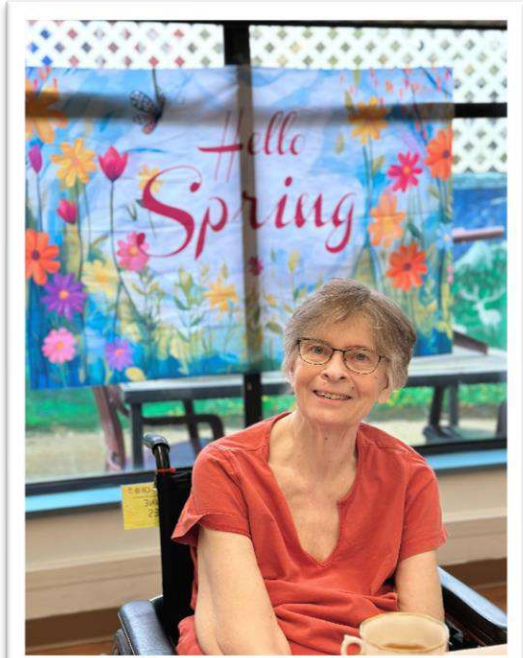




EASTER EGG HUNT

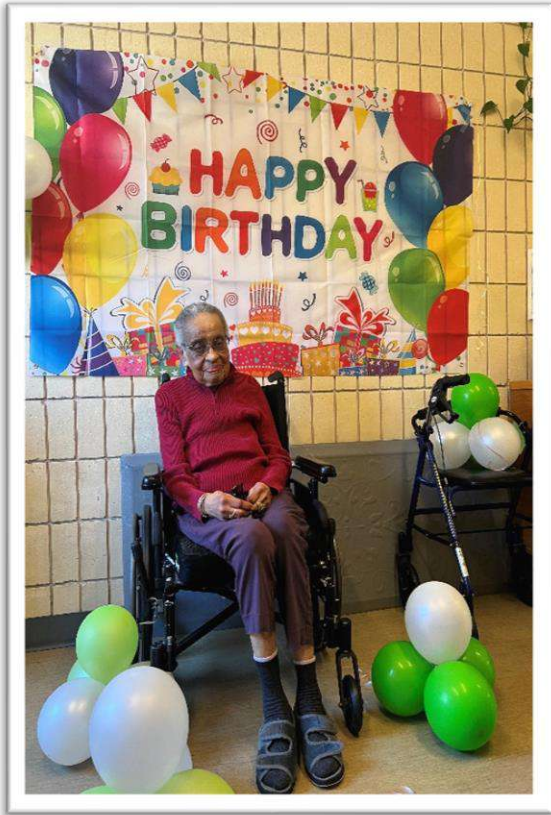


SPRING TEA SOCIAL





March Centenarian Birthday Celebrants



Merle (Left):
Turned 106-
years-old.

Stella (Right):
Turned 105-
years-old.

*The Prime Minister of
Canada had given a
certificate of congratulations
to both celebrants.*



March Birthday Party





Women's Day Celebration



Nutrition Month



CARTIER HOUSE STAFF



Recreation Department: Komal, Joy, Ron and Brian for their untiring service and commitment to make Residents happy and enjoy each program they do.



Social Worker: Jean, who always have the time to listen and be an advocate to improve Residents quality of life.

Dietitian: Sabrina, who always nourish us with her passion and healthy tips in food and nutrition not only for the Residents but also for the families and staff.



In April, we would like to recognize our **Administrative Assistant, Ambassadors and Volunteers:** Julia, Arlee, Charmaine, Mark, Jomar, Aiyaz, Heselle, Pastor Eugene, Sanjovan, Wendie & Harriet, and those who have left, for always giving their very best every day with a smile and confidence. They are the frontliners at the point of entry enduring the stress and at the same time receiving compliments for continuously implementing the Infection Prevention and Control Guidelines to keep the home safe and well.



Interim Maintenance: John for his hard work, support, and expertise all throughout the past 6 months. His sacrifice to travel from the interior to Cartier just to fulfill the maintenance responsibilities and in times of emergency during the winter. And to Rafael, welcome back.

APRIL BROCHURES

Interested in Volunteering?

Interested In Volunteering?

You can make a difference



Resident or Family Council

Resident and/or Family Council

Your voice is important, please join us!



Resident & Family Champion Program

Resident & Family Champion Program



EMERGENCY RESPONSE CODE WHITE: VIOLENCE/ AGGRESSION

EMERGENCY RESPONSE CODE FOR APRIL VIOLENCE/ AGGRESSION

What does it mean?

Code White is the designated phrase used to alert personnel to an incident of aggression or violence against a Resident, family, volunteer, visitor, staff member or physician. The goal of the management of aggressive behaviour is to preserve everybody's safety and to address the behaviours in a safe, respectful, and caring manner

What do I do?

- As the Primary Staff Member:
 - Maintain a safe distance, keeping a barrier if possible
 - Leave if personal safety is being compromised
 - Talk in a low, non-threatening voice
 - As appropriate, try to de-escalate the situation
- As a Supporting Staff Member:
 - Direct other staff as necessary to reduce stimulation (i.e., noise, traffic flow)
 - Direct others to help keep the situation away from other area activities
 - Support the primary staff member in de-escalating the situation
 - Announce "code white" if you believe you or your staff peer are in danger and help is required
- If Code White is Announced:
 - The Supervisor/ Manager will release other staff to assist
 - The purpose is to regain control of the emergency in which escalating behaviours are beyond the ability of the staff involved to control
 - To provide the aggressor with the best and safest environment until de-escalation of the behavior occurs



Learn more about: Code White

- Refer to your Park Place Emergency Preparedness & Response Manual
- Refer to the Park Place Emergency Response Plan, Code White Tab 9

April Fun Corner!

April 2024

THE MONTHLY GAZETTE

"Our spring has come at last with the soft laughter of April suns and shadow of April showers."

~ Byron Caldwell Smith



Tree of the Month – Walnut

Walnut trees are part of the plant genus *Juglans*. These fast-growing trees add about 24 inches in height each year, reaching upward of 40 to 60 feet tall and developing huge trunks over eight feet thick. These incredible trees can live for 200 years. The edible seeds of the tree are called walnuts, and people have eaten them for millennia. In fact, the walnut is the oldest known tree food, dating back 10,000 years. Walnuts contain healthy fats, and eating them promotes heart and gut health. A walnut tree can produce walnuts for over 100 years. However, they are biennial



bearers, meaning they alternate big crops one year with lighter yields the next. Historically, walnuts were considered a luxurious food. They were known as "Jupiter's royal acorn" by the Romans. The black walnut tree makes prized timber due to its beautiful color, strength, and durability, and is often used for furniture and cabinets.

Special Days

April Fools' Day
April 1

Jackie Robinson Day
April 15

Tax Day (U.S.)
April 15

Passover Begins at Sundown
April 22

Earth Day
April 22

Arbor Day
April 26

Flower – Daisy



April's flower is the daisy, a favorite of gardeners everywhere. Daisies are beautiful and easy to care for, and will grow just about anywhere. Just add water and sun, and these little sunbursts add brightness to any garden. The daisy's Latin name, *Bellis perennis*, translates to "everlasting beauty." Because of their pure white color, they are a symbol of innocence and are considered the flower of children. Daisies are edible and can be used in sandwiches, soups, and salads. The leaves can be brewed to make an herbal tea.

Birthstone – Diamond



Diamonds have been valued for thousands of years, and not only for their glittery, sparkling beauty. This gemstone is also the hardest material in the world, which makes it very useful for cutting and polishing. With its incredible strength and sturdiness, the stone represents constancy and devotion and is said to bring love and harmony to those who wear it. It is fitting, then, that these brilliant gems are used in engagement and wedding rings and are the anniversary gemstone for the 10th and 60th years of marriage.

Birthday Colors

Most of us know our astrological birth sign, but do you know your "colorstrology" birthday color?

April 1–6: Yellow

You are outdoorsy and spirited. Friends know to call you when they need advice or a shoulder to cry on. You always see the good in people.

April 7–15: Navy

You have strong feelings about almost everything. People might say you are opinionated, but you have great taste. You love your life, but you can be easily distracted.

April 16–23: Silver

You are imaginative and like to try new things. You can be shy, but you like to challenge yourself. You are attracted to romantic partners who make you laugh.

April 24–30: Red

You are highly respected and most people think of you as being very unique. You like to dream big. You are always prepared and rarely surprised by what comes your way.



No Foolin'

Its exact beginnings are a mystery, but some historians link April Fools' Day to the 16th century, when New Year's Day moved from April 1 to January 1. Those who continued to celebrate the new year on April 1 were called fools.

April Zodiacs

Aries (The Ram)
April 1–19

Taurus (The Bull)
April 20–30

April is the fourth month of the year in the Gregorian calendar. It was originally the second month of the Roman calendar, before the addition of January and February. No one knows for sure how April got its name. Some say it comes from the Latin *aperire*, meaning "to open," alluding to the opening of buds in springtime. Others say April was named after Aphrodite or the goddess Eostre. Whatever the case, the onset of April means that spring has arrived.

Submarine Day

Celebrate America's maritime history with National Submarine Day on April 11. This holiday commemorates the day the United States got its first modern commissioned submarine and honors the service and sacrifice of those who have served aboard submarines. America's current submarine fleet includes 53 fast-attack subs, 14 ballistic-missile subs, and four guided-missile subs.

What's Lucky in April?

Lucky Color: Yellow
Lucky Animal: Goat
Lucky Letter: H
Lucky Day: Thursday
Lucky Plant: Tulip



April Birthdays

Edgar Wallace (novelist) – April 1, 1875
Charlemagne (emperor) – April 2, 747
Jane Goodall (primatologist) – April 3, 1934
Maya Angelou (poet) – April 4, 1928
Bette Davis (actress) – April 5, 1908
Billie Holiday (singer) – April 7, 1915
Sonje Henie (figure skater) – April 8, 1912
Dennis Quaid (actor) – April 9, 1954
Tom Clancy (author) – April 12, 1947
Frank Woolworth (businessman) – April 13, 1852
Joni Evans (publisher) – April 20, 1942
Roy Orbison (musician) – April 23, 1936
Al Pacino (actor) – April 25, 1940
Harper Lee (writer) – April 28, 1926

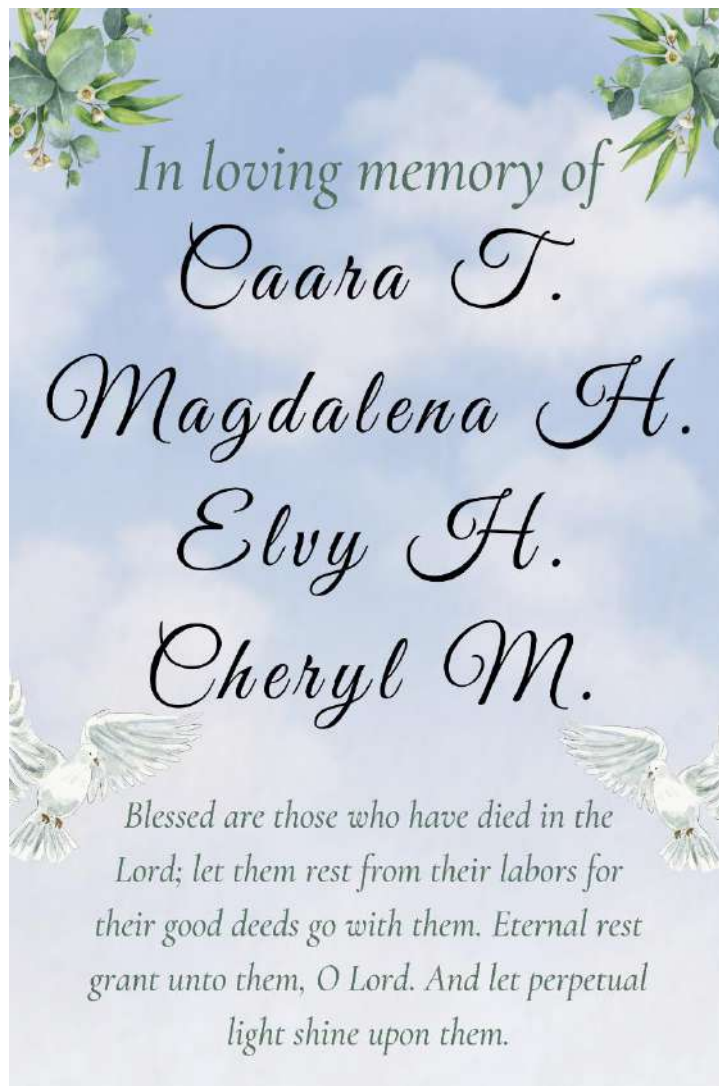
April Posters

HAPPY Birthday

APRIL 01- JEANNINE F.
APRIL 01- HILDA H.
APRIL 04- GABRIELLA B.
APRIL 05- GOLBANU S.
APRIL 11- GAYLE M.
APRIL 12- EIRA N.
APRIL 14- ANNA F.
APRIL 16- JOAN M.
APRIL 17- INEZ N.
APRIL 25- HUI ZHEN L.
APRIL 26- INGE W.
APRIL 28- MYRTLE I.
APRIL 29- DEBORAH C.
APRIL 30- ROSETTA T.



- GABRIELLA B.
- MAN YOUL C.
- SHEUNG H.
- JEAN S.



LEADER'S CORNER

A Message from Carol:

Dear Staff, Families, and Residents:

As the first whispers of spring start to weave through the air, bringing with them a tapestry of blooming flowers and warming rays, we are reminded of the beauty of renewal and the endless possibilities for growth. This April, we invite you and your loved ones to join us in embracing the spirit of spring, a season that reflects the resilience and vibrant spirit of our community at Cartier House Care Centre.

In March, we have celebrated two of our Residents special Birthdays, Merle who turned 106 years old and Stella who turned 105 years old respectively. They are the living proof of how great life could be, the enduring strength and renewal each new day brings and most especially, their inspirational story about being a wife, a mother, a sister, a grandmother, a great grandmother, and a friend. Great generations exist and will continue to exist because they have planted good seeds of great love in every person they've touched.

We've also recognized the staff's contribution in the Nutrition Month celebration on March 27th. Our Dietitian's education on "Healthy and Sustainable Weight Loss" was well embraced by Residents, families, and staffs. Great points to remember and practice.

Cartier Staff reminds us that each one plays an important role in achieving our goal "to enrich the lives of the Residents we care". They've planted seeds of kindness and joy in the hearts of each Residents and their families and, in helping our home flourish.

Sincere regards,
Carol

APRIL RECOGNITION CORNER

ADMIN PROFESSIONALS DAY



JULIA LANSANGAN
ADMINISTRATIVE ASSISTANT

"Working at the front office of Cartier House Care Centre is a big shoe to fill but very rewarding.

It does not only limit me from answering phones to various clerical duties, but it also requires a healthy dose of empathy, compassion, patience and understanding. No matter how hard the day is, I always remember to keep a smile behind the mask and a cheerful voice. Being part of an inclusive workplace such as Cartier House, has made valuable impact on my professional growth not only as an Admin assistant but as a person. I find the deeper value of family more than anything else.

At Cartier House, we aim for a collaborative environment where all voices are heard, people feel they are seen and belong, focusing on one goal which is, "To enrich the lives of the Residents, thus improving their quality of life".

Once you set foot at our home, " You are part of the family" and we are your partner in looking after your loved ones."

Your Office Ninja,

Julia =)



NATIONAL VOLUNTEERS WEEK

April
14-20
2024

Cartier House 2024 Active Volunteers

- Sanjovan B.
- Wendie and Harriet (Pet Therapy)
- Pastor Eugene and SP (Monthly Church Service)

★ CREATED BY: CARTIER RECREATION

FEBRUARY AUDIT REPORT



FEBRUARY

INFECTION PREVENTION
&
CONTROL AUDIT REPORT

HAND HYGIENE
AUDIT TO ALL THE
RESIDENTS:
100%

HAND HYGIENE AUDIT AT
THE POINT OF
ENTRY/EXIT:
100%

ENVIRONMENTAL
AUDIT:
92%

HAND HYGIENE IN
THE UNIT:
100%

PPE (DONNING & DOFFING)
AUDIT:
100%

How To Get Involved

Join us for our Resident & Family Council meeting! The meeting is held 8 times per year, either in person or via Teams. This gives both Residents & Families a chance to express concerns, provide ideas and suggestions, as well as stay up to date on the workings of Cartier House.

Teams Link sent via Email



Residents and Family Council Meeting

- Resident & Family Council Meeting Date & Invite to follow – check your emails! (If you don't receive an invite please email cartier.recreation@ppsl.com or komal@excelcarenursingservices.ca)

Volunteer Opportunities

Cartier House is looking for Volunteers to join our team! Do you or anyone you know enjoy spending time with seniors or want to give back to your community? If **YES**, kindly email cartier.recreation@ppsl.com or call **604- 939- 4654 Extension 130** for more information!



Reported By,

Joy Verdadero (Newsletter Editor/Recreation Assistant)

Recreation Department

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