

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Virtual Church Service 1F 10:45 Virtual Church service 2 <sup>nd</sup> F 2:00 Manicures 3:30 Patio Visits  Shavuot Begins	9:30 Exercise 1F 10:30 Exercise 3F/ Laura 11:00 Muscles in Motion 2F <b>2:30 Bingo Club 3F</b> 3:30 Snoezelen Therapy 2F	9:30 Music & Movement 2f 10:30 Exercise 1f 11:00 Muscles in Motion 3F <b>2:00 Welcoming and Birthday Celebrations/Entertainment</b> <b>3:30 Active games 3</b> 6:00 Room Visit	9:30 Ballon Toss 1F 10:30 Exercise 3F 11:00 Muscles in Motion 2F <b>2:00 Table Games 1F</b> 3:30 Gardening 1F 6:00 Room Visit	9:30 Church Service 2F 10:30 Exercise 1F 11:00 Muscles in Motion 3F <b>2:00 Table Games 1F</b> 3:00 Walking Club 4:30 Gardening 2F 6:00 Room Visit	11:00 Exercise 3F 2:00 Arts and Crafts 1F 3:30 Gardening 2F 6:00 Room Visit	11:00 Exercise 1F 2:00 Arts and Crafts 2F 3:30 Gardening 3F 6:00 Room Visit
9:30 Virtual Church Service 1F 10:45 Virtual Church service 2 <sup>nd</sup> F 2:00 Manicures 3:30 Patio Visits	9:30 Exercise 1F 10:30 Exercise 3F/ Laura 11:00 Muscles in Motion 2F <b>2:30 Bingo Club 2F</b> 3:30 Snoezelen Therapy 2F	9:30 Music & Movement 1F 10:30 Exercise 2F 11:00 Muscles in Motion 3F <b>2:00 Pet Therapy</b> <b>3:30 Active games 2F</b> 6:00 Room Visit	9:30 Ballon Toss 1F 10:30 Exercise 3F 11:00 Muscles in Motion 2F <b>2:00 Table Games 1F</b> 3:30 Gardening 2F 6:00 Room Visit	9:30 Exercise 1F 10:30 Exercise 2F 11:00 Muscles in Motion 3F <b>1:30 Table Games 3F/Intergeneration students</b> 4:30 Gardening (Patio) 3F 6:00 Room Visit	11:00 Exercise 2F 2:00 Arts and Crafts 3F 3:30 Gardening 1F 6:00 Room Visit	11:00 Exercise 1F 2:00 Arts and Crafts 2F 3:30 Gardening 3F 6:00 Room Visit  Flag Day (U.S.)
9:30 Virtual Church Service 1F 10:45 Virtual Church service 2 <sup>nd</sup> F 2:00 Manicures 3:30 Patio Visits  Father's Day	9:30 Exercise 1F 10:30 Exercise 3F/ Laura 11:00 Muscles in Motion 2F <b>2:30 Bingo Club 1F</b> 3:30 Snoezelen Therapy 2F	9:30 Music & Movement 2f 10:30 Exercise 1f 11:00 Muscles in Motion 3F <b>2:00 Father's Day celebration w/ Dave (Patio) 3F</b> 3:30 Room Visit 6:00 Room Visit	9:30 Ballon Toss 1F 10:30 Exercise 3F 11:00 Muscles in Motion 2F <b>2:00 International Flag Day with National costume (Philippines)/ Richard</b> 3:30 Gardening 2F 6:00 Room Visit	9:30 Exercise 1F 10:30 Exercise 2F 11:00 Muscles in Motion 3F <b>1:30 Table Games 3F/Intergeneration students</b> 3:00 Walking Club 4:30 Gardening 1F 6:00 Room Visit  Juneteenth	11:00 Exercise 1F 2:00 Arts and Crafts 2F 3:30 Gardening 3F 6:00 Room Visit  Summer Begins	11:00 Exercise 1F 2:00 Arts and Crafts 2F 3:30 Gardening 3F 6:00 Room Visit
9:30 Virtual Church Service 1F 10:45 Virtual Church service 2 <sup>nd</sup> F 2:00 Manicures 3:30 Patio Visits	9:30 Exercise 1F 10:30 Exercise 3F/ Laura 11:00 Muscles in Motion 2F <b>2:30 Bingo Club 3F</b> 3:30 Snoezelen Therapy 2F	9:30 Music & Movement 2f 10:30 Exercise 1f 11:00 Muscles in Motion 3F <b>2:00 Pet Therapy</b> 3:30 Ladies Club 3F 6:00 Room Visit	9:30 Ballon Toss 1F 10:30 Exercise 3F 11:00 Muscles in Motion 2F <b>2:00 Canada Day/Entertainment</b> 3:30 Gardening 1F 6:00 Room Visit	9:30 Scenic Drive 11:00 Muscles in Motion 3F 1:30 <b>Family Council Meeeting</b> <b>2:00 Table Games 1F</b> 3:00 Walking Club 4:00 Gardening patio	11:00 Exercise 3F 2:00 Arts and Crafts 1F 3:30 Gardening 2F 6:00 Room Visit	11:00 Exercise 1F 2:00 Arts and Crafts 2F 3:30 Gardening 3F 6:00 Room Visit
9:30 Virtual Church Service 1F 10:45 Virtual Church service 2 <sup>nd</sup> F 2:00 Manicures 3:30 Patio Visits	9:30 Exercise 1F 10:30 Exercise 3F/ Laura 11:00 Muscles in Motion 2F <b>2:30 Bingo Club</b> 3:30 Snoezelen Therapy 2F					

PLEASE NOTE: ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE

# **THE NEIGHBOURHOOD NEWS**

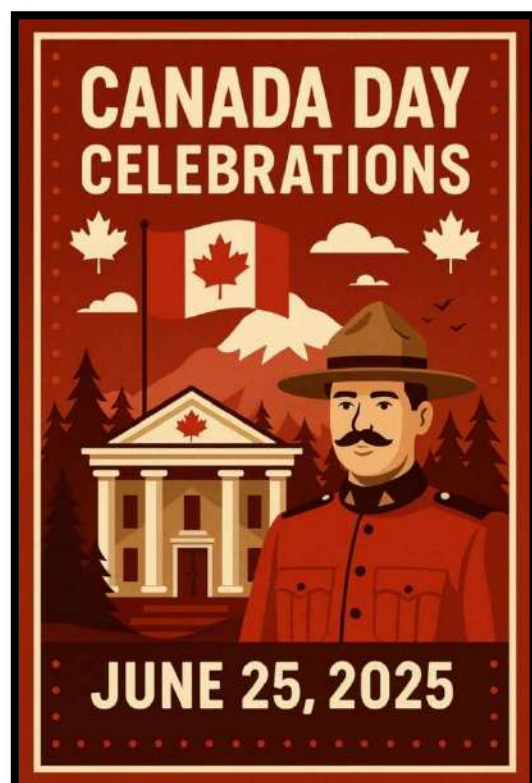
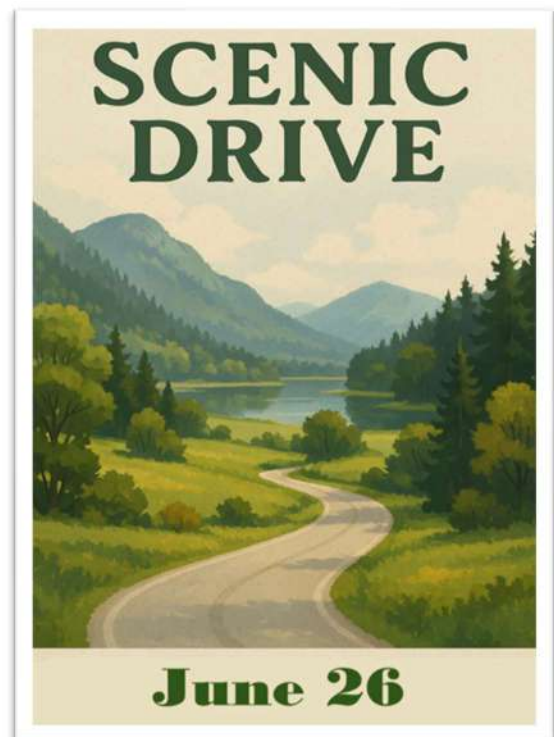
***CARTIER HOUSE CARE CENTRE***



**1419 Cartier Ave, Coquitlam, BC V3K 2C6  
(604) 939 - 4654**



# UPCOMING EVENTS




# MONTHLY GAZETTE OF THE MONTH


Diversity & Inclusion

### Diversity and Inclusion at Park Place Seniors Living

At Park Place Seniors Living we welcome the presence of difference. We value each person's diversity. Each Park Place home has an environment where people of different genders, national backgrounds, and sexual orientations are present and welcome. We want all residents, families, visitors, and staff to feel safe and included. Diversity and inclusion are interconnected, but not one in the same. Diversity and inclusion go hand in hand and it's important that both are present in a home's way of interacting to ensure an environment where everyone is included and can have a sense of belonging.



Diversity & Inclusion





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

**OUR VISION:**  
At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver  
parkplaceseniorsliving.com

Diversity & Inclusion

### Diversity & Inclusion



“Celebrating Diversity & Inclusion at Park Place Seniors Living”

At Park Place, we embrace the uniqueness of every individual. This month’s spotlight highlights our ongoing commitment to creating an inclusive, respectful, and welcoming environment for all Residents and team members. Together, we honor the values of diversity, promote understanding, and stand by the principles of the Canadian Human Rights Act.

Diversity & Inclusion

### Diversity

When we refer to 'diversity' we are talking about the variety of unique qualities and characteristics we all possess, such as our personality, age, gender, sexual orientation, culture, personal habits, appearance, and religious beliefs, to name a few. We are all diverse!

### Inclusion:

It is a way of doing things that appreciates and responds to the dimensions of diversity. Inclusion is an approach. Inclusion refers to our behaviours and how we treat one another. By walking the talk, we create an environment and culture that embraces, respects, accepts, and values our differences. Developing inclusive approaches begins with self-awareness and the courage and willingness to uncover the hidden prejudices we all have.

Diversity & Inclusion

### The Canadian Human Rights Act

The Canadian Human Rights Act was passed by the Parliament of Canada in 1977, and established everyone's right to be treated with dignity, respect, and freedom from discrimination. This Act lists legally forbidden areas of discrimination and includes: sexual orientation, gender identity, race, religious beliefs, colour, physical disability, mental disability, age, ancestry, place of origin, marital status, source of income and family status.



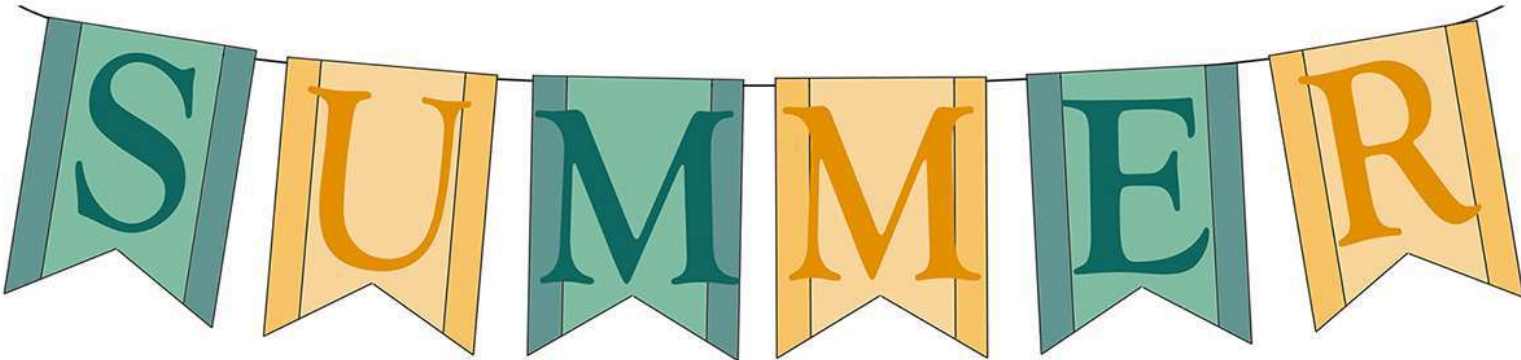
What Role Do You Play?

### What Role Do You Play?

Diversity and inclusion cannot exist without each of us doing our part each and every day. We all have roles to play in creating a safer and more welcoming home environment, including:

- 1 RESPECTING THE UNIQUENESS OF EACH PERSON
- 2 ENSURING YOUR BEHAVIOURS DO NOT LIMIT THE INCLUSION OF OTHERS
- 3 PRACTICING INCLUSIVE AND WELCOMING BEHAVIOURS
- 4 COMMUNICATING RESPECTFULLY AND PROFESSIONALLY

Reviewed by a group of Park Place Family Representatives in April 2022



# *BROCHURES & CODE OF THE MONTH*

*This month's brochure highlights Safety First, a core value at Park Place. It outlines essential measures we take to keep our Residents safe, including proper identification, hand hygiene, medication safety, and emergency preparedness.*

Safety First

### Safety First

At Park Place Seniors Living, we work hard to ensure that you feel safe and have confidence in the quality of our care and services. Being a resident means putting your trust in the care and service provided by your team.

As a resident, you and your family also have a role to play in making your care safe by becoming an active, involved and informed member of your team. We urge residents and their families to get involved and to speak up about any concerns or questions they may have.

To help you remember how you can help make your experience as positive as possible, use this simple motto:

**SAFETY FIRST!**

**FAST FACT**

As an organization Park Place Seniors Living believes that a culture of safety is fundamental to the delivery of quality care and service

**OUR MISSION:**

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

**OUR VISION:**

At Park Place Seniors Living we are known for our unwavering commitment to enriching the lives of those we serve by providing a "voice and a choice" with dignity, respect and empathy.

Park Place Seniors Living | 1656 West 75 Ave, Vancouver  
parkplaceseniorsliving.com

Safety First



### Safety First



**SAFETY FIRST**

**EMERGENCY RESPONSE CODE GREY :  
INFRASTRUCTURE DISRUPTION**

**EMERGENCY RESPONSE CODE  
CODE GREY: AIR EXCLUSION/ SHELTER IN PLACE**

**What does it mean?**

Code Grey – Air Exclusion is the designated phrase to alert and notify employees of the need to reduce the movement of air into and out of the building when there are air quality concerns, potentially from a release of a toxic or hazardous substance in the environment.

**What do I do?**

- Code Grey should be activated by the Incident Manager in conjunction with the Facilities Maintenance employees
- Close all doors and windows and, when advised, turn off all fans and the ventilation system
- Restrict entry and exit to building as directed
- Monitor Residents and watch those around you for any signs of respiratory distress
- Report any issues to your Supervisor
- Be prepared to evacuate



**Review it before you need it:**

- Locate the Park Place Emergency Preparedness & Response Manual; review the Code Grey – Air Exclusion plan that describes your area's role if a Code Grey is declared
- **Shelter In Place** has been demonstrated to be the most effective response during the first few hours of an air quality concern, until the hazard has passed

**Learn more about Code Grey –Air Exclusion/ Shelter In Place**

- Refer to the Park Place Seniors Living Emergency Preparedness & Response Manual
- Refer to your Home's Emergency Response Plan for Code Grey Tab 13

EPRM 07-13-02-01

Date Created: June 2020  
Current Version Date: March 2025  
Page 1 of 1

Safety First

### Safety First Includes:

**IDENTIFICATION**

We will take your picture when you move into the Care Home. This picture helps staff get to know you, is critical to your safety, and verifies that you are the resident that the team should be caring for. You can also expect everyone involved in your care to introduce themselves by name, and to wear a name badge.

**CALL SYSTEM**

Your room and bathroom are equipped with call devices. Your nurse will show you how to use the call device.

**SMOKE-FREE HOME**

To ensure everyone's safety, this care home is a smoke-free building. This means no smoking is allowed inside the building.

**EQUIPMENT**

Help us to keep our environment safe. If you notice a piece of equipment that is not working properly please tell us so that we can have it repaired as soon as possible and that no one gets injured.

Safety First

**HAND WASHING**

It is important for everyone to practice, including residents, families and friends. You and your loved ones should feel comfortable asking your care team members, if they washed their hands before having direct contact with you.

**MEDICATION SAFETY**

Make sure you and or your family ask questions about your medications, if you have any concerns about your medications, ask your nurse about them. Make sure to tell your nurse if you think you are about to receive the wrong medication or if something does not seem right.

**PRIVACY & CONFIDENTIALITY**

We treat all information about you as "CONFIDENTIAL". Protecting your privacy is paramount in our minds, however in the event of an accident or incident such as a fall your family member or contact person will be notified.

**FIRE SAFETY**

Fire drills are held monthly and it is very important that everyone including residents and families know their role and responsibilities.

Reviewed by a group of Park Place Family Representatives in April 2022

Concerns

Please tell us if you have a concern about Resident Safety or the quality of your care while you are a resident in this care home. Your team is available to assist you and your family with any questions or concerns you may have.



**Park Place Seniors Living | 1656 West 75th Avenue Vancouver, B.C. V6P 6G2 | parkplaceseniorsliving.com**

## *CODE OF THE MONTH:*

We're also focusing on Code Gary: Infrastructure Disruption a reminder to review procedures in case of power outages, equipment failure, or facility disruptions. together, through awareness and preparedness, we continue to create a secure and caring environment for everyone.

A yellow and white striped beach umbrella is open, casting a shadow over a red beach chair. The chair is made of wood and has a red fabric seat and backrest. The scene is set on a light-colored surface, possibly sand or a paved area.

Dear Residents, families, and Staff,

Though I may not be with you in person right now, please know that my thoughts are with each of you this month of May.

I want to take this opportunity to express my deep appreciation for our amazing team, our loving families, and our wonderful Residents. To our dedicated Nurses thank you for your compassion and tireless care. You are the heart of our home. Happy Nurses week!

To the incredible mothers and grandmothers in our community, I celebrate your love, your wisdom, and the legacy you share with us. Happy Mother's Day!

And as we approach Victoria Day, may we continue to reflect on the strength, resilience, and unity that make our home so special.

Wishing you all a joyful and meaningful May.

Warmly,

Carol

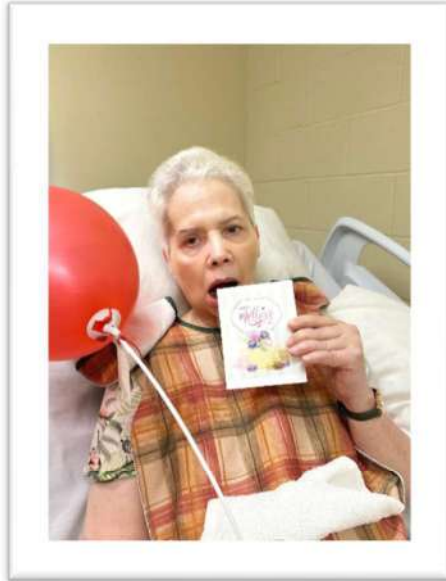


# ***MAY PROGRAM HIGHLIGHTS***

## **MOTHER'S DAY CELEBRATION**

### ***Celebrating the Wonderful Women of Park Place.***

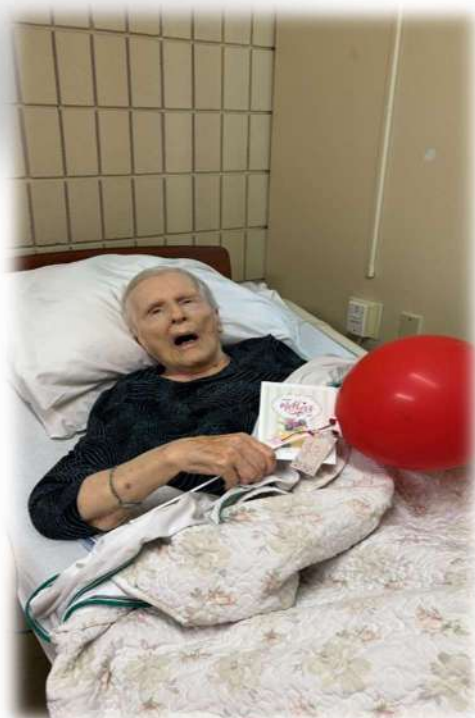
*Our Mother's Day celebration was filled with joy, laughter, and heartfelt moments as we honored the incredible mothers and mother figures in our community. Residents received handmade cards, balloons, and plenty of love from recreation staff.*







*The event brought smiles, warm conversation and a few happy tears as we reflected on cherish memories and the lifelong impact of these amazing women. Thank you to our team and volunteers who help create such a beautiful and meaningful celebration. Because every mother deserves to feel remembered, appreciated, and celebrated not just on Mother's Day, but every day.*

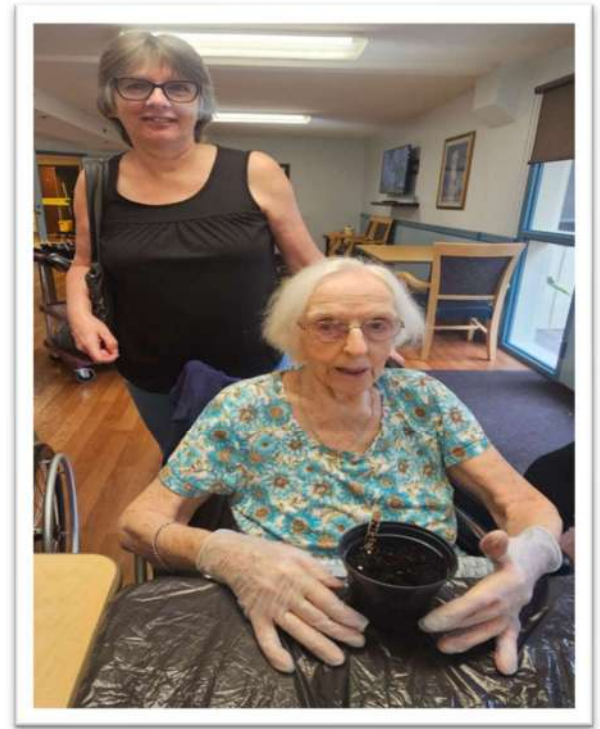


# **SUNFLOWER SHOWDOWN KICKOFF**

*Residents gathered with excitement to launch our sunflower Showdown, a friendly competition to see who can grow the tallest sunflower!!! The kickoff event included seed prep, planting fun, and lots of smiles as everyone got their hands a little dirty and their spirits lifted.*

*Let the growing begin may the best bloom win!!!*

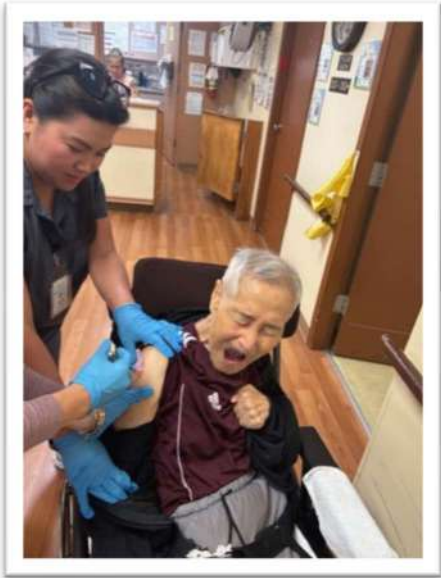
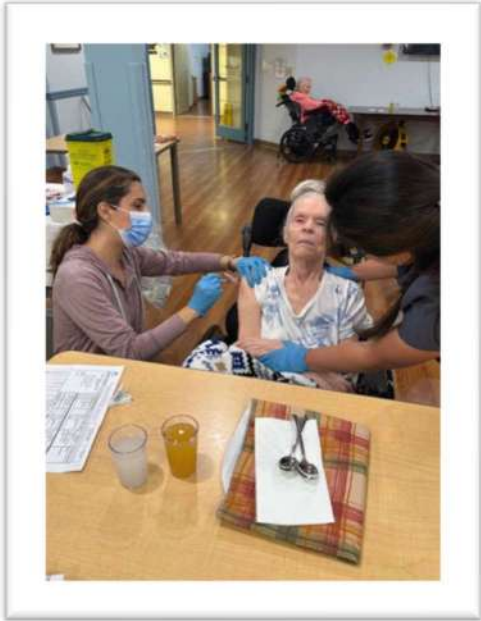


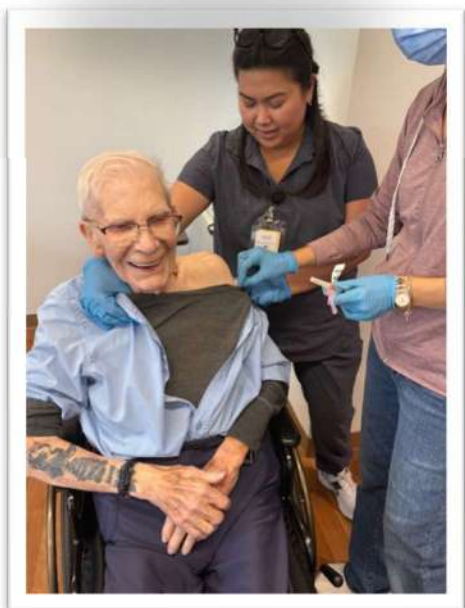


*Planting with purpose!!! Our residents had a wonderful time getting their hands dirty as they planted their sunflower seeds for the sunflower showdown. With smiles, gloves, and pots full of promise, everyone showed off their green thumbs and team spirit!!*

*We can't wait to watch these sunflowers grow just like the joy and friendship shared in every moment of this activity.!!*

**VACCINATION DAY! (NATIONAL NURSES WEEK)**





*We recognized the dedication of our amazing nursing team while ensuring the health and safety of our Residents during Vaccination Day. Nurses worked with care, compassion, and professionalism bringing peace of mind and protection to our community.*

*A big thank you to our nurses for their tireless work and heartfelt commitment. Your efforts keep us strong, safe, and thriving every day!*



**CELEBRATION OF LIFE**





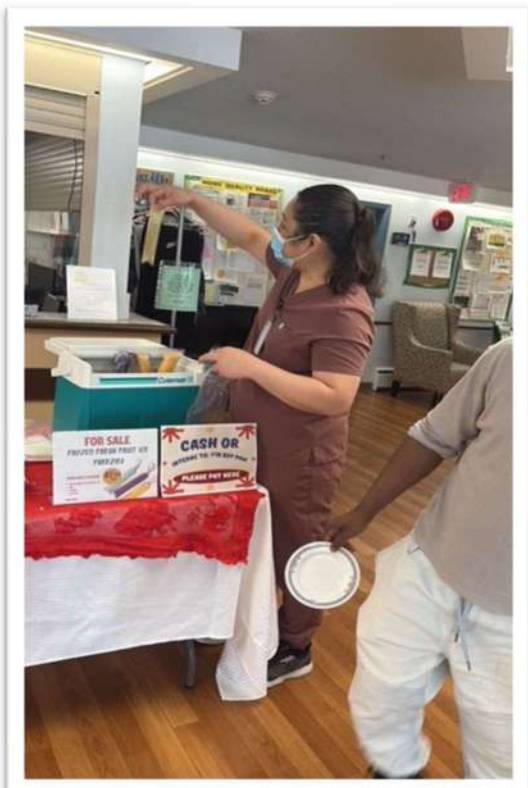
*We came together as a community -families, care staff and recreation team to honor and remember the cherished Resident who have passed. The room was filled with love, stories, and shared memories as we celebrated lives well lived and deeply valued.*

*This meaningful gathering was a time for reflection, healing, and connection - a tribute to those who touched our hearts and will never be forgotten.*



## **CARTIER GOT TALENT**





*"Showcasing Creativity and Culture at cartier Got Talent"  
Residents and staff shared their incredible talents through vibrant display of crafts, baked good, artwork, and handmade creations. From traditional cultural presentations to unique personal hobbies, the event celebrated the diverse skills and passion of our community. A wonderful afternoon of joy. Pride, and connection!*

## 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, and stay up to date on the workings of Cartier House.

*Teams Link sent via email*

## RESIDENTS & 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](mailto:cartier.recreation@ppsl.com) or

[Shaylee@excelcarenursingservices.ca](mailto:Shaylee@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](mailto:cartier.recreation@ppsl.com) or call **604- 939- 4654 Extension 130** for more information!

Reported By:

Leo Bingcang, Recreation Assistant

**1419 Cartier Ave, Coquitlam, BC V3K 2C6**  
**(604) 939 - 4654**

