





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>   </div> <div> <h1>August 2025</h1> <h2>Happy 25 Years Cartier House Care Centre!</h2> </div>						
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Helping Hands 1F 3:30 Room Visits	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Bingo Club 2F 3:30 Walking Club 2F *BC Day*	9:30 Chair Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Chair Exercise 1F 1:30 Pet Therapy 2:30 Birthday & Welcoming Party w/ Music Variations! 1F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Arts & Crafts 2F 3:30 Active Games 3F 4:30 Garden Care 1F 6:00 Room Visits	10:00 Church Service 2F 11:00 Chair Exercise 3F 3:00 Table Games 1F 6:00 Room Visits	11:00 Exercise 1F 2:00 Helping Hands 2F 3:30 Gardening 3F 6:00 Room Visits	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Gardening 3F 6:00 Room Visits
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Karaoke 1F 3:30 Helping Hands 3F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Bingo Club 3F 3:30 Walking Club 3F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Pet Therapy 3:30 Aromatherapy 3F 6:00 Room Visits	9:30 Chair Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Chair Exercises 1F 2:30 Arts & Crafts 3F 3:30 Active Games 1F 4:30 Garden Care 2F 6:00 Room Visits	10:00 Catholic Mass 2F 11:00 Chair Exercise 3F 2:00 Music w/ Jared Happy Hour 1F 2:30 Mini Bingo 3F 3:00 Table Games 2F 6:00 Room Visits	11:00 Exercise 1F 2:00 Helping Hands 2F 3:30 Gardening 3F 6:00 Room Visits	11:00 Exercise 1F 2:00 Table Games 3F 3:30 Gardening 2F 6:00 Room Visits
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Karaoke 1F 3:30 Helping Hands 3F	9:30 Chair Exercise 1F 10:30 Communion 2F 11:00 Chair Exercise 3F 2:30 Bingo Club 1F 3:30 Walking Club 2F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Watermelon Day Refreshments 3:30 Aromatherapy 2F 6:00 Room Visits	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 12:00 Lunch Club 2F 4:30 Garden Care 3F 6:00 Room Visits	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 1:30 Resident & Family Council Meeting 3F Lounge 3:30 Garden Care 2F 6:00 Room Visits	11:00 Exercise 1F 2:00 Helping Hands 3F 3:30 Gardening 2F 6:00 Room Visits	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Gardening 3F 6:00 Room Visits
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Helping Hands 2F 3:30 Collage Detective 3F	9:30 Chair Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Chair Exercise 1F 2:30 Bingo Club 3F 3:30 Walking Club 1F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Pet Therapy 6:00 Room Visits	2:00 - 4:30 Cartier House 25th Anniversary Party!	10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Ice Cream Sundaes 3:00 Joyful Singers Volunteer Group 6:00 Room Visits	11:00 Exercise 1F 2:00 Celebration of Life 3F 3:30 Gardening 2F 6:00 Room Visits	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Gardening 3F 6:00 Room Visits
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Music Therapy 3F 3:30 Helping Hands 2F	<div>   </div> <div> <p>PLEASE NOTE: Activities are subject to change based on availability and staffing.</p> <p>1F = First Floor 2F = Second Floor 3F = Third Floor</p> </div>					

For any questions about the activity calendar please contact the Recreation Coordinator, cartier.recreation@ppsl.com

The Neighbourhood

Newsletter

Cartier House Care Centre



1419 Cartier Ave, Coquitlam, BC V3K 2C6

(604) 939-4654



Upcoming Events!



Brochures & Code of the Month

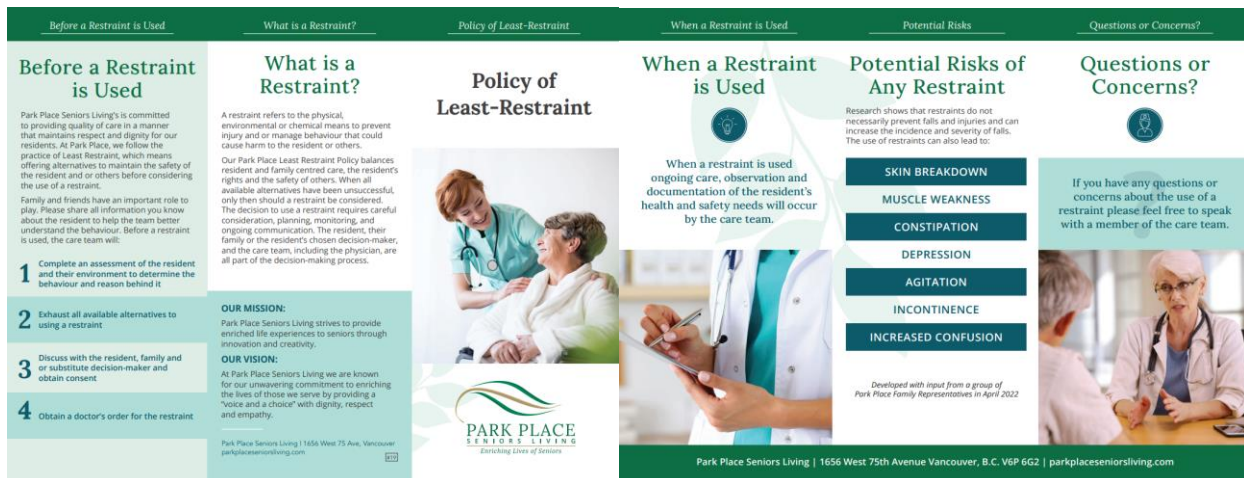
➤ Ethical Decision-Making Brochure



The brochure is divided into six sections: Framework, Ethical Decision Making, Ethical Decision Making, What is an Ethical Dilemma?, Typical Ethical Dilemmas, and What We Can Do To Help. The Framework section lists seven steps: 1. Clearly state the problem/conflict, 2. Identify the ethical issue, 3. Identify decision makers including Resident/Family, 4. Identify possible courses of action, 5. Identify actions that support Resident quality of life and Park Place Values, 6. Choose a fair choice for Resident involved, 7. Update Residents Day/Care plan to reflect choices and set a review date to measure outcomes. The Ethical Decision Making section states: 'At Park Place, we respect and protect our residents' rights, their diversity and values.' The What is an Ethical Dilemma? section defines it as a system of moral principles or values. The Typical Ethical Dilemmas section lists: Pain control, Confidentiality, Informed consent, Family caregiver participation in medical decision making, Non-adherence to plan of care/refusal of prescription, and End of life decisions. The What We Can Do To Help section lists: Support the discussion with Residents/Families when differences of opinion among caregivers and/or family members about care and treatment occur; Support a resident or family member in making decisions about what type of care the resident should receive or the goals of that care; Educate residents, families, and staff on policies affecting resident care, such as resuscitation or life-saving treatments; Work with residents, families, and staff to help include personal wishes, values, religious, and cultural traditions in decision making.

➤ *Take a little time to learn some helpful information to support in making informed and ethical decisions.*


➤ Policy of Least-Restraint Brochure



The brochure is divided into six sections: Before a Restraint is Used, What is a Restraint?, Policy of Least-Restraint, When a Restraint is Used, Potential Risks of Any Restraint, and Questions or Concerns?. The Before a Restraint is Used section lists four steps: 1. Complete an assessment of the resident and their environment to determine the behaviour and reason behind it, 2. Exhaust all available alternatives to using a restraint, 3. Discuss with the resident, family and obtain consent, 4. Obtain a doctor's order for the restraint. The What is a Restraint? section defines it as a physical, environmental or chemical means to prevent injury and/or manage behaviour that could cause harm to the resident or others. The Policy of Least-Restraint section states: 'Our Park Place Least Restraint Policy balances resident and family-centred care, the resident's rights and the safety of others. When all available alternatives have been unsuccessful, only then should a restraint be considered. The decision to use a restraint requires careful consideration, planning, monitoring, and ongoing communication. The resident, their family or the resident's chosen decision-maker, and the care team, including the physician, are all part of the decision-making process.' The When a Restraint is Used section states: 'When a restraint is used ongoing care, observation and documentation of the resident's health and safety needs will occur by the care team.' The Potential Risks of Any Restraint section lists: SKIN BREAKDOWN, MUSCLE WEAKNESS, CONSTIPATION, DEPRESSION, AGITATION, INCONTINENCE, and INCREASED CONFUSION. The Questions or Concerns? section states: 'If you have any questions or concerns about the use of a restraint please feel free to speak with a member of the care team.'

➤ *Learn more about the importance of the policy of least restraint.*

➤ August: Code of the Month, Active Assailant


**EMERGENCY RESPONSE CODE SILVER:
ACTIVE ASSAILANT**

**EMERGENCY RESPONSE CODE
CODE SILVER: ACTIVE ASSAILANT**

What does Active Assailant mean?
Active Assailant is the designated Emergency Response when there is an incident where a weapon (firearm, knife, explosive device, or instrument that can cause bodily harm or injury) is being used by an individual(s) actively engaged in killing, or attempting to kill, people within any Park Place Seniors Living site.

What do I do?

- Leave the area of the threat immediately; leave your belongings behind
- Do not wait for others to follow and do not stop to assist anyone injured by the assailant
- If a person is ambulatory and will not delay your escape, have them travel with you to safe location
- Call 911 when it is safe to do so

RUN

- Get out of the assailant's view. Look for protection in a secure shelter location
- Close and secure doors, turn out room lights, stay quiet and do not answer the door
- **The room must seem to be empty**
- Call 911, if safe, do what you can to help any injured individuals who are hiding with you
- Remain where you are until you are sure it is safe to open the door

HIDE

- If RUN or HIDE are not safe options, when your life is in imminent danger; prepare to fight
- Attempt to incapacitate the assailant by acting with physical aggression
- If with others, act as a team; use improvised weapons (e.g. fire extinguishers, scissors, chairs)

FIGHT

Learn more about Code Silver-Active Assailant

- Refer to the Park Place Seniors Living Emergency Preparedness & Response Manual
- Review of the Park Place Code Silver Response Procedures Tab 11

EPRM 07-11-01.01

Date Created: June 2023
Current Version Date: March 2023
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Monthly Gazette

August 2025
THE MONTHLY GAZETTE
*"...When Summer gathers up her robes of glory,
and like a dream of beauty glides away."*
 ~ Sarah Helen Whitman



Plant of the Month – Fiddle-Leaf Fig

This popular house plant is native to West Africa. The fiddle-leaf fig can grow up to 10 feet tall indoors but can grow up to 60 feet outdoors. This tropical plant has lush, glossy, green leaves that resemble a violin or fiddle, which is how it got its name. Fiddle-leaf figs need a steady supply of sunlight, so it's ideal to place them by a window. However, if they get too much direct sunlight, the leaves could burn. It's also important not to overwater the plant because it likes to dry out a bit between weekly waterings. A symbol of fertility, abundance, new beginnings,



prosperity, and growth, it's a popular wedding or housewarming present. It is also a favorite plant for practitioners of feng shui. While the stunning plant produces edible fruit, it is not sweet like a typical fig and tends to dry out the mouth, so it's typically not eaten. On rare occasions, the plant will also produce small flowers.

Special Days

- Sandcastle Day August 2
- Sisters' Day August 3
- Purple Heart Day August 7
- S'mores Day August 10
- Left-Handers Day August 13
- Tell a Joke Day August 16
- Women's Equality Day August 26

Flower – Gladiolus

The gladiolus represents strength and moral integrity—fitting given that its name comes from the Latin word for "sword," *gladius*. But while its sword-shaped stems might convey Roman gladiators, its flowers are capable of piercing a heart with their beauty. Because of this, the gladiolus symbolizes infatuation. Although beautiful in the garden, its chief value is for cut flowers. The flower's wide range of colors and sizes makes it ideal for flower arrangements.



Birthstone – Peridot

Peridot is a lovely green gemstone. Often mistaken for an emerald, it is also known as "the poor man's emerald." Peridot is one of the few gems found in only one color. The intensity of peridot's greenish hue can vary slightly, however, depending on how much iron it contains. Aside from being the birthstone for August, the peridot is also valued as the national gemstone of Egypt. In fact, some scholars believe that the emeralds worn by Cleopatra were actually peridots.



August Birthdays

Jerry Garcia (singer) – August 1, 1942
Isabel Allende (writer) – August 2, 1942
Tom Brady (quarterback) – August 3, 1977
Sylvia Sidney (actress) – August 8, 1910
Alex Haley (author) – August 11, 1921
Annie Oakley (sharpshooter) – August 13, 1860
Julia Child (chef) – August 15, 1912
Madonna (singer) – August 16, 1958
Meriwether Lewis (explorer) – August 18, 1774
Al Roker (weatherman) – August 20, 1954
Valerie Harper (actress) – August 22, 1939
Gene Kelly (dancer/actor) – August 23, 1912
Melissa McCarthy (actress) – August 26, 1970
Richard Gere (actor) – August 31, 1949

Game On!

August is the perfect time to play (or learn to play) mah-jongg, the popular tile game. This is because August 1 is International Mah-Jongg Day. This fun, strategic game for two to four players originated in China during the Qing dynasty. Players win by collecting sets of patterned and numbered tiles. Though complex at first, it is similar to gin rummy and is a blast to play once you get the hang of it.

What's Lucky in August?

Lucky Colors: Teal and Orange
Lucky Animal: Elephant
Lucky Letters: B, X, and J
Lucky Day: Saturday
Lucky Plant: Aster



"Dog Days" of Summer

July 3 to August 11 are nicknamed the "dog days" of summer; a reference to Sirius, the Dog Star, which rises with the sun during this period. In ancient times, people noticed that Sirius rose just before the sun, and they linked its appearance with extreme heat, drought, and even misfortune.

August Zodiacs

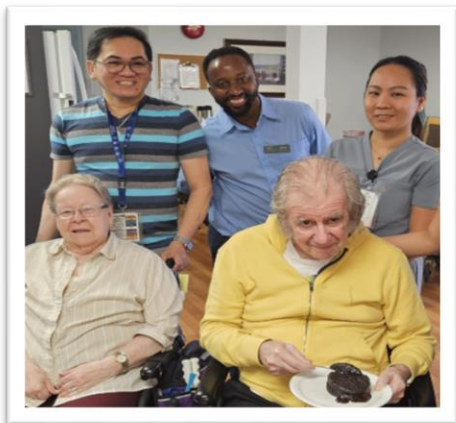
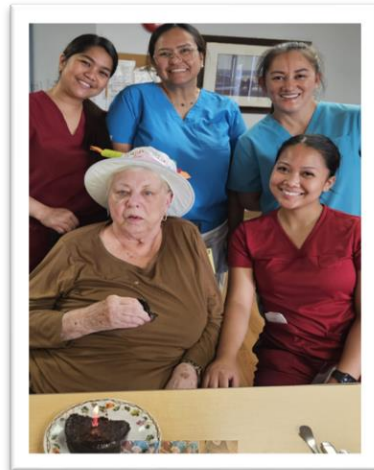
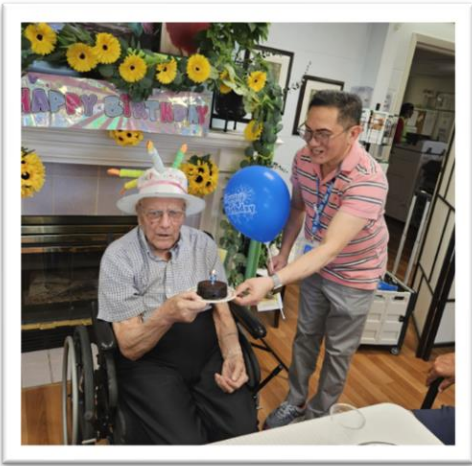
Leo (The Lion) August 1–22
Virgo (The Virgin) August 23–31



August was named for Emperor Augustus Caesar, the grandnephew and adopted son of Roman Emperor Julius Caesar. Originally, August had only 30 days. However, legend has it that when the Roman senate decided to name the month in honor of Augustus Caesar, they wanted it to have as many days as July, the month that was named after Julius Caesar. Therefore, one day was taken from the month of February and added to August, giving it 31 days.

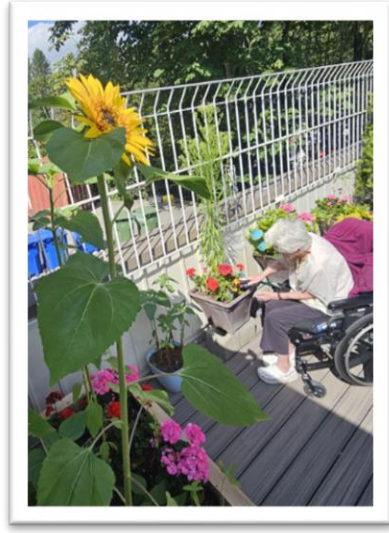
➤ *The august edition of the monthly gazette is now available. Learn more about special dates, notable August facts, and discover this month's featured plant, flower, and birthstone.*

July Birthday Celebrations!



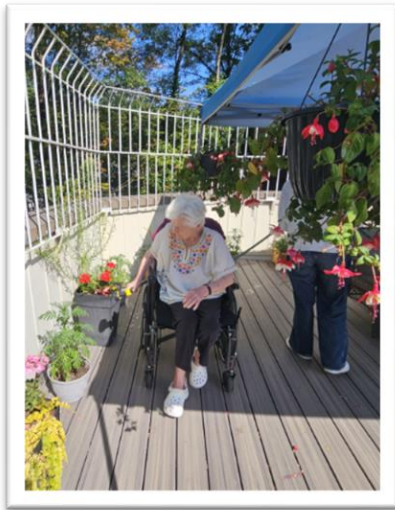
- Happy Birthday to our July Celebrants! Warm wishes, joy, and happiness to you all on your special days!

Visiting the Growing Sunflowers!



- The beautiful sunflowers are in full bloom! They are shooting up way above our heads. They are the fruits we get to enjoy of the effort put into planting their seeds and taking care of them day after day.

Helping Hands!



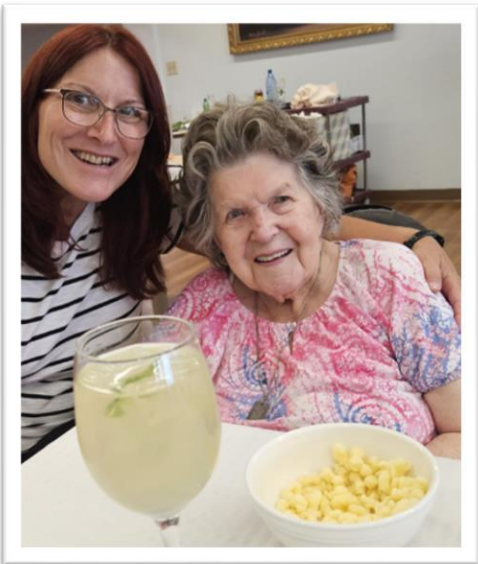
- Our helpful residents ensure that the beautiful gardens and flowers are thriving for all to enjoy and appreciate. Thank you to our residents who take time out of their days to add to the beauty of Cartier!

Table Games!



- Our residents enjoyed table games such as Jenga! Playing games together provides the opportunity to socialize, have fun, and enjoy time together!

Happy Hour!



- Cartier House hosted its first happy hour! During this time, we sang along to classic songs, had karaoke, drinks, and snacks to share together. The happy hour was an enjoyable time for our residents, and we look forward to continuing to host happy hours in the future.

Dear Residents, Families and Staff,

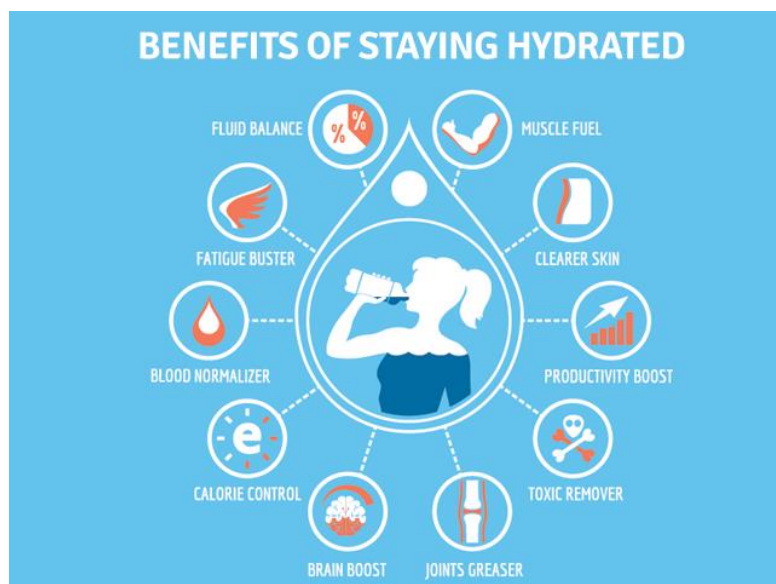
As we welcome the month of August, we are excited to share several positive developments taking place within our home. This month holds a special meaning as we celebrate a remarkable milestone - the **25th Anniversary of Cartier House!** For a quarter of a century, we have been dedicated to providing compassionate, person-centered care, and we are incredibly proud of the care community we have built together.

We would like to take this opportunity to express our heartfelt appreciation to all of you - our Residents, families and staff - who make our home such a warm and supportive place to live and work. Your continued trust, commitment, and collaboration are the heart of our success.

As part of our on-going dedication to quality improvement, we are currently making updates to the physical environment of our home. These enhancements are designed to improve comfort, safety, and overall wellbeing for all who live and work here. We thank everyone for their patience and cooperation as we complete these updates.

We remain committed to working together with you to ensure we provide the highest standard of care, always with dignity, respect, and kindness. Let's continue to build on our strong foundation as we look forward to the next chapter of our shared journey.

Warm regards.
Carol.



- A little reminder about the importance and the benefits of drinking water and staying hydrated, especially during the hot summer!

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

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
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** or
call **604- 939- 4654 Extension 130** for more information!

Reported By:
Grace Karvonen, Recreation Coordinator

**1419 Cartier Ave, Coquitlam, BC V3K 2C6
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