

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October 2025 Cartier House Care Community			9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Birthday & Welcoming Party w/ Music by Hal Copeland 2F 6:00 Hand Massage & Manicure 1F Yom Kippur Begins	10:30 Catholic Mass 2F 11:00 Chair exercise 3F 2:30 Mini Bingo 1F 3:00 Table Games 2F 6:00 Music & Painting 2F	11:00 Exercise 1F 2:00 Bookmark Craft 3F 3:30 Snoezelen 2F 6:00 Brain Games 1F	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Jukebox Requests/Sing Along 3F 6:00 Walk & Talk 1F
10:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Word Games 1F 3:30 1:1 Visits	9:30 Chair Exercise 2F 10:30 Communion 10:30 Hand Therapy w/ Laura 11:00 Chair Exercise 3F 2:30 Bingo Club 3F 3:30 Walking Club Sukkot Begins	9:30 Chair Exercise 2F 10:30 Chair Exercise 3F 11:00 Chair Exercise 1F 2:00 Pet Therapy 3:00 Helping Hands (Decorating) 6:00 Short Stories & Reminiscing 2F	9:30 Chair Exercise 1F 12:00 Lunch Club 2F Lounge 2:30 Helping Hands (Decorating) 6:00 Hand Massage & Manicure 2F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair exercise 3F 2:30 Cookie Baking & Decorating 3F Lounge 6:00 Music & Painting 1F	11:00 Exercise 2F 2:00 Bookmark Craft 1F 3:30 Snoezelen 3F 6:00 Brain Games 2F	11:00 Exercise 3F 2:00 Table Games 1F 3:30 Name that Tune 2F 6:00 Walk & Talk 3F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Karaoke 1F 3:30 1:1 Visits	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 11:00 Chair Exercise 3F 2:30 Bingo Club 3F 3:30 Walking Club 2F Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (U.S.)	9:30 Chair Exercise 2F 10:30 Chair Exercise 3F 11:00 Chair Exercise 1F 2:00 Pet Therapy 3:00 Joyful Singers Entertainment 2F 6:00 Short Stories & Reminiscing 3F Simchat Torah Begins	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:30 Helping Hands (Decorating) 6:00 Hand Massage & Manicure 3F	10:30 Chair Exercise 1F 10:00 Chair Exercise 2F 11:00 Chair exercise 3F 2:00 pm Thanksgiving Celebration & Music w/Jared! 2F 3:30 Table Games 2F 6:00 Music & Painting 3F	11:00 Exercise 3F 2:00 Bookmark Craft 2F 3:30 Snoezelen 1F 6:00 Brain Games 3F	11:00 Exercise 2F 2:00 Table Games 3F 3:30 Jukebox Requests/Sing Along 1F 6:00 Walk & Talk 2F
10:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Word Games 1F 3:30 1:1 Visits	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 11:00 Chair Exercise 3F 2:30 Bingo Club 3F 3:30 Walking Club	9:30 Chair Exercise 2F 10:00 Chair Exercise 3F 11:00 Chair Exercise 1F 2:00 Pet Therapy 3:00 Word Games 2F 6:00 Short Stories & Reminiscing 1F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 3:30 Active Game 3F 6:00 Hand Massage & Manicure 1F	9:30 Chair Exercise 1F 10:00 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Halloween Party & Music w/ Classic Rewind 2F 6:00 Music & Painting 1F	11:00 Exercise 1F 2:00 Helping Hands 2F 3:30 Snoezelen 3F 6:00 Brain Games 1F	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Name that Tune 3F 6:00 Walk & Talk 1F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Music Therapy 1F 3:30 1:1 Visits	9:30 Chair Exercise 2F 10:30 Hand Therapy w/ Laura 10:30 Communion 11:00 Chair Exercise 3F 2:30 Bingo Club 2F 3:30 Walking Club	9:30 Chair Exercise 2F 11:00 Chair Exercise 1F 2:00 Pet Therapy 2:00 Word Games 3F 6:00 Short Stories & Reminiscing 2F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 Resident & Family Council Meeting 3F Lounge 3:30 Active Game 3F 6:00 Hand Massage & Manicure 2F	9:30 Chair Exercise 1F 10:00 Chair Exercise 2F 11:00 Chair exercise 3F 1:00 Bus Outing to Port Kell's Nursery Pumpkin Patch 6:00 Music & Painting 2F	11:00 Exercise 3F 2:00 Halloween Costume Parade and Treats 6:00 Brain Games 2F Happy Halloween! Halloween	Legend: 1F = 1 st Floor 2F = 2 nd Floor 3F = 3 rd Floor Food Service Workers Week – Oct. 5 th -11th Health Care Aide Day – Oct. 18 th Pharmacy Week Oct. 20 th -26th Occupation Therapy Month Oct. 27th

Please note: Programs are subject to change without notice based on staffing/availability.

THE NEIGHBOURHOOD

Cartier House Care Centre

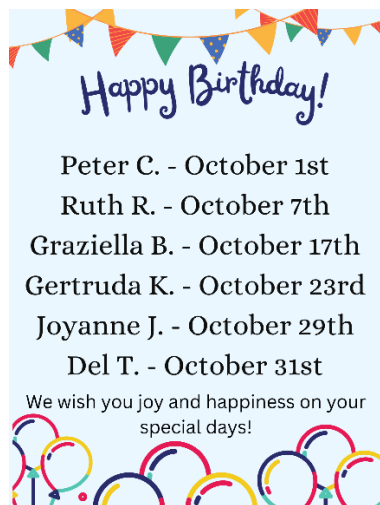
October

2025

1419 Cartier Ave, Coquitlam

BC V3K 2C6 (604) 939-4654





BROCHURES & CODE OF THE MONTH

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

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!**
Learn more about how we put the safety of our Residents first.

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 supremely 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

Bed Rail Safety

Park Place Seniors Living is committed to ensuring a safe and healthy environment that supports quality of life for each Resident living in our homes. Toward that end, we will be discussing bed rail use with you and your loved one. Park Place does not support the automatic use of bed rails due to the associated risks.

WHAT IS YOUR ROLE AS A FAMILY MEMBER?

Discuss with the interdisciplinary care team whether or not bed rails are indicated.

Encourage your loved one to participate in care planning to help design a safe and comfortable bed environment that meets your loved one's individualized needs.

Observe how your loved one responds to any changes in the bed environment and share that information with the care team.

Be informed. Since your loved one and you are integral members of the team, learn about bed safety such as entrapment and appropriate care options.

ARE THERE TIMES WHEN BED RAILS MIGHT BENEFIT A RESIDENT?

Yes, for some Residents bed rails are beneficial in:

- Aiding in turning and repositioning within the bed
- Providing a hand hold for getting into or out of bed
- Providing a feeling of comfort and security
- Providing easy access to bed controls and personal care items

Bed Rail Safety For Residents

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➤ **Bed rail safety is another of the many ways we protect the safety of our Residents.**

Bed Rail Safety

Entrapment

WHAT IS ENTRAPMENT?

Entrapment is an event in which an individual is caught, trapped or entangled in the spaces in or about the bed rail, mattress or bed frame. There are 7 entrapment zones:

Deaths and injuries result from entrapment.

Those most vulnerable for entrapment include individuals who are elderly, frail, confused, restless, are in pain, have altered mental status or uncontrolled body movements.

Bed Rail Safety

WHAT ARE THE POTENTIAL RISKS OF BED RAILS?

Strangling, suffocation, bodily injury or death
Serious injuries from falls when individuals climb over rails
Skin bruising, cuts, and scrapes
Inducing agitated behavior when bed rails are used as a restraint
Feeling isolated or unnecessarily restricted
Preventing Residents who are able to get out of bed from performing routine activities such as going to the bathroom

Bed Rail Safety

WHAT DO WE KNOW ABOUT REDUCING THE RISK OF ENTRAPMENT?

Injuries and deaths from entrapment are preventable.
Most Residents can be in bed safely without bed rails.
Bed rails do not prevent falls.
We live the majority of our lives without bed rails.

WHAT HAPPENS WHEN BED RAILS ARE INDICATED?

Upon move-in, the interdisciplinary care team at the Home, which also includes the Resident and family, will complete an assessment of the Resident's physical and mental status. Consideration of all options other than bed rail use will be discussed. If the final decision is to use a bed rail, the interdisciplinary care team will:

- Complete a detailed care plan to indicate Resident preferences so that needs are met
- Consider lowering one or more sections of the bed rail, such as the foot rail
- Ensure the proper size mattress to prevent Residents from being trapped between the mattress and the bed rail is in place
- Reduce the gaps between the mattress and bed rails
- Ensure the risks of the use of bed rails are explained to the Resident and family and if in agreement to proceed to use, a written consent will be obtained.

Reviewed by a group of Park Place Family Representatives in November 2023

Behaviour Safety Planning

The Purple Dot

Behaviour Safety Planning

Behaviour Safety Plans

When care teams notice unsafe situations or are made aware of a safety concern, they use a standardized screening tool to decide if a Behaviour Safety Plan is needed.

Behaviour Safety Planning is completed in partnership with you and/or your family and includes:

- Ways to help you feel calm and comfortable while receiving care
- Supports for medically explained behaviours
- How to keep everyone safe

The plan remains on your chart for future reference.

The Behaviour Safety Plan will be reviewed regularly.

You and/or your family are encouraged to request a copy.

SPEAK TO YOUR CARE TEAM IF YOU BELIEVE A BEHAVIOUR SAFETY PLAN IS NEEDED.

Care Teams Use a Purple Dot

- To let each other know a Behaviour Safety Plan is in place.
- The Behaviour Safety Alert (purple dot) is removed when the plan is no longer needed and the environment is safe for you and your care team.



IF YOU HAVE FURTHER QUESTIONS, COMMENTS OR CONCERNS, PLEASE ASK TO SPEAK WITH A MANAGER OR CLINICAL LEADER.



Behaviour Safety Plans

- **Behavior safety plans help us to best support our Residents and their needs.**

Working Together

How Can We Help You?

Our Commitment

Be a Partner in Your Care

Everyone at Park Place — including Residents, family members, staff and volunteers — has a right to:

- Be treated with respect
- Be listened to and heard
- A safe physical, emotional and psychological environment
- Be part of a health care team
- Information they need to receive or provide care
- Confidentiality

BY WORKING TOGETHER, WE CAN CREATE EXPERIENCES THAT ARE RESPECTFUL AND SAFE FOR YOU AND YOUR LOVED ONES AS WELL AS YOUR CARE TEAM.

What Matters to You?

Needing Healthcare can be tough. Let your health care team know what helps you or your loved ones feel comfortable and calm.



HERE ARE SOME EXAMPLES:

- A quiet space/quiet time
- Low lighting
- Rest or alone time
- Cultural or spiritual practices
- Activities such as music, reading, writing, drawing or watching TV
- Talking with others
- Nicotine Replacement Therapy
- Medications

Safe Care - Together

Sometimes people needing health care services have responses or behaviours that are unsafe for themselves or others. Unsafe behaviours are rarely intentional. Often the person isn't aware of them or won't remember them after. They can happen when someone is:

- Scared, confused or overwhelmed
- Reacting to medications or substances
- Experiencing unmanageable pain
- Not thinking clearly because of a physical or mental illness
- Living with a cognitive impairment

At Park Place, we are committed to providing quality care that is safe for all. Behaviour Safety Plans are one way we do this.

Reviewed by a group of Park Place Family Representatives in 2024





EMERGENCY RESPONSE CODE WHITE:
VIOLENCE/ AGGRESSION

EMERGENCY RESPONSE CODE 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, employee 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 Employee:
 - 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 Employee:
 - Direct other employees 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 employee in de-escalating the situation
 - Announce "code white" if you believe you or your employee peer are in danger and help is required
- If Code White is Announced:
 - The Supervisor/ Manager will release other employees to assist
 - The purpose is to regain control of the emergency in which escalating behaviours are beyond the ability of the employees 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

- **Code white: Violence/Aggression**

Code White is a vital safety alert used when there is an incident of violence or aggression. Knowing how to respond calmly, support others, and follow procedures helps protect Residents, families, visitors, and staff.

MONTHLY GAZETTE

October 2025

THE MONTHLY GAZETTE

*"I wish that every day was Saturday
and every month was October."*
~ Charmaine J. Forde

Plant of the Month – Pothos

Pothos is one of the most popular house plants in North America. Also called devil's ivy and golden pothos, this lovely evergreen climber vine is native to Southeast Asia and the western Pacific. It is popular for use in hanging baskets and as a potted plant. This versatile plant can also be cultivated as ground cover or trained to grow up trees or poles. It can reach up to 65 feet long, and its leaves can be a few inches to a few feet in size. Pothos grows abundant leaves that come in a beguiling range of light to dark greens. It also boasts shiny heart- or oval-shaped leaves, which are sometimes marbled with splashes of white or yellow. This plant is prized for its verdant beauty as well as its ability to clean the air of impurities or pollutants, such as benzene and formaldehyde. It thrives in bright, filtered light and when the top soil dries between waterings. The plant does not flower when grown as a houseplant, only in the wild.

Special Days

Yom Kippur
October 1-2

World Animal Day
October 4

Columbus Day
Indigenous Peoples' Day
Thanksgiving (Canada)
October 13

Boss's Day
October 16

Chocolate Cupcake Day
October 18

Halloween
October 31

Flower – Calendula

The flower for October is the calendula, which is native to southern Europe and also known as the pot marigold. The calendula (pronounced *ka-len-ja-le*) is cousin to the daisy and the common marigold. But unlike the pungent marigold used to repel garden pests, the pot marigold's tangy, peppery flavor has become known as the "poor man's saffron." Its petals can be used as an edible colorant in pots of soup, pasta, rice, scrambled eggs, and salads.

Birthstone – Opal

The opal has become a traditional gift for 12th, 14th, and 18th wedding anniversaries. In 19th-century Britain, however, the opal was considered bad luck for anyone not born in October. This was attributed to writer Sir Walter Scott, who portrayed the opal as a bad omen bringing death to one of his fictional heroines. Queen Victoria helped dispel this notion. She adorned opals and gave them as wedding presents to at least three of her daughters, who were said to have enjoyed long happiness.

Monthly Gazette

October 2025

What Tree Did You Fall From?

Hazelnut Tree (October 1-5)
Those who fell from the hazelnut tree are honest, charming, calm, and undemanding. Though sometimes moody, they are also understanding of others. Additionally, they know how to make a good impression.

Maple Tree (October 14-23)
Those who fell from the maple tree are very independent. They are full of imagination and originality. Though they are unassuming and reserved, they are also very ambitious and self-confident.

Walnut Tree (October 24-31)
People who fell from the walnut tree are passionate and unrelenting. They are extremely spontaneous. They are natural leaders and are usually very open-minded and caring toward others.

Rowan Tree (October 6-13)
People who fell from the rowan tree are sensitive and free-spirited. They enjoy being the center of attention and always have a joke to share. They make for great company.

Pizza Party!

It's always a good time for pizza, but especially so in October, as it's Pizza Month. So whether you prefer cheese, pepperoni, sausage and peppers, or Hawaiian, celebrate by grabbing a few slices or ordering a whole pie!

October Zodiacs

Libra (The Scales)
October 1-22

Scorpio (The Scorpion)
October 23-31

October is the 10th month of our calendar year, but it was the eighth month in the early Roman calendar and takes its name from the Latin word for eight: *octo*. October's temperatures are ideal for crafting beer, wine, and cider—so much so that in Old English it became known as *Winnemonth*, or "wine month." This month is also a popular time for harvest festivals and marks the beginning of many winter celebrations, dubbed *Winterfylleth* by the Anglo-Saxons.

Leif Erickson Day

Around the year 1000, explorer Leif Erickson left his home in Greenland in search of a land previously spotted by a Norse sailor. He landed in what is now Newfoundland, Canada, in early October. He and his men built a large house and a shed for their boat and spent the winter. October 9 has been declared Leif Erickson Day to honor the first European to set foot on North America.

October Birthdays

Julie Andrews (singer) – October 1, 1935
Groucho Marx (comedian) – October 2, 1890
Buster Keaton (comedian) – October 4, 1895
Kate Winslet (actress) – October 5, 1975
Desmond Tutu (archbishop) – October 7, 1931
Eleanor Roosevelt (first lady) – October 11, 1884
Paul Simon (musician) – October 13, 1941
Evel Knievel (daredevil) – October 17, 1938
Mickey Mantle (ballplayer) – October 20, 1931
Dizzy Gillespie (musician) – October 21, 1917
Mahalia Jackson (singer) – October 26, 1911
Jonas Salk (doctor) – October 28, 1914
Gabrielle Union (actress) – October 29, 1972
Dan Rather (journalist) – October 31, 1931

What's Lucky in October?

Lucky Color: Tangerine
Lucky Animal: Fox
Lucky Letters: W and E
Lucky Day: Thursday
Lucky Plant: Pumpkin

- This monthly edition is filled with fun facts about October, special days to remember, Birthdays and seasonal highlights. From the calendula flower to the Opal birthstone enjoy reading and celebrating the beauty of the harvest season!

WELCOME TO OUR NEW RESIDENT



CONCETTA

Welcome to your new home!!

- We're so happy to welcome you to our community! We hope you quickly feel at home, meet new friends, and enjoy the programs, activities, and caring environment. Please don't hesitate to ask if you need anything – we're always here to help. Welcome to the family.

BIRTHDAY CELEBRATIONS!



- We joyfully celebrated our Residents birthdays in September with cake, balloons and lots of smiles. Wishing our celebrants good health, happiness, and many more wonderful years ahead.

HIGH TEA PARTY



- We hosted a lovely afternoon high tea for our Residents with tea, coffee, finger sandwiches and treats! It is always nice to catch up with friends over a cup of tea.

BUS OUTING TO ROCKY POINT PARK



- It was a gorgeous day to be outside! Not too hot and not too cold, with a gentle breeze from the inlet. Our Residents took in the natural beauty of the mountains and ocean while enjoying snacks and watching the sailboats and paddleboarders go by.

ALZHEIMER'S AWARENESS MONTH

PURPLE SHIRT DAY



- We proudly celebrated Alzheimer's awareness Month on September 24th by participating in Purple Shirt Day, showing our support for those living with Alzheimer's and other forms of Dementia. As part of our Health Wellness initiative, we also focused on promoting physical health with a simple yet important activity: standing balance testing which supports both mind and body wellness. Together, we're building awareness, promoting safety, and standing strong – ***one step a t a time!***

MAINTENANCE & SUPPORT

SERVICES WEEK



- Celebrated Appreciation Day for our incredible Maintenance and Support Services teams – the unsung heroes who work tirelessly behind the scenes to keep our care community safe, clean, and running smoothly. From ensuring the lights stay on to maintaining a safe and welcoming environment for our Residents, families and staff – your dedication does not go unnoticed. ***Thank you for all that you do. Your hard work, reliability and care make a world of difference every single day!***



- During this Thanksgiving season let's take a little time to reflect on all that we have to be grateful for. We have a caring community of staff, Residents, and families at Cartier House. Think of what there is to be thankful for during this season.

DIETICIAN SABRINA'S, SEND OFF PARTY BEFORE MATERNITY LEAVE

- We gathered to celebrate and send our wonderful Dietitian off with love and best wishes as she begins her maternity leave! Her expertise, compassion, and dedication to the health and wellbeing of our Residents have made a lasting impact – and while we'll miss her greatly, we're so excited for this new chapter in her life. ***Wishing her all the joy, rest, and snuggles as she welcomes her little one.***



TRUTH AND RECONCILIATION

ORANGE SHIRT DAY



- Orange Shirt Day to recognize the National Day for Truth and Reconciliation
Our home came together in a spirit of remembrance, respect, and reflection to observe the National Day of Truth and Reconciliation. Staff members wore Orange Shirts to show solidarity with survivors of residential schools and to honor the children who never returned home. Together we continue to learn, reflect, and walk the path toward reconciliation. ***Every Child Matters!***

Dear Residents, Families, and Team Members,

As we welcome the beautiful fall season, October brings with it many reasons to reflect, recognize, and celebrate the incredible individuals who make our home a place of compassion, comfort, and community. Our Recreation team has a variety of fall-themed events and activities planned to keep the season lively and engaging. Be sure to check the activity calendar for upcoming events.

Thanksgiving Celebrations

Our home filled with warmth, gratitude, and togetherness as Residents, families and staff come together to celebrate the season. We will be sharing a delicious Thanksgiving meal, enjoy festive decorations, and let's take a moment to reflect on the many things we're thankful for – from good health and friendship to the dedicated care provided every day. Moments like these remind us of the importance of community and connection. ***Happy Thanksgiving from our home to yours!***

Food Service Workers Recognition

Throughout the month, we honor our Food Service Workers who ensure that every Resident receives not just nourishment, but meals served with care and dignity. Your early mornings, attention to dietary needs, and teamwork do not go unnoticed. ***Thank you for all that you do!***

Health Care Aide Day

On October 18th, we celebrate our Health Care Aides, who are the heart of our home. Your compassion, resilience, and commitment to the well-being of our Residents make a profound difference every single day. ***Thank you for being a vital part of our team!***

Occupational Therapy Month

Join us in celebrating Occupational Therapy month, especially on October 27th, as we recognize the valuable role of our Occupational Therapist play in enhancing our Residents' independence and quality of life. Her work is vital in helping our Residents live meaningful and engaged lives. ***We thank her for her expertise and dedication!***

Influenza and COVID19 Immunizations

As we enter flu season, Residents, and staff immunization clinics for influenza and COVID19 boosters will be starting soon. We strongly encourage everyone to participate and comply with infection prevention and control measures to help protect our home and the Residents. More details regarding clinic dates will be shared shortly.

Enhancing our home:

We're continually working to improve the comfort, safety, and functionality of our home. Here are some recent updates and on-going projects:

- Completed Projects:
Room renovations to enhance Residents' comfort and privacy

Phone System Upgrade for better communication and reliability

Enhancing comfort: New Split AC installed in the lobby. This upgrade ensures a cooler, more comfortable space – especially during warmer days – making our front lobby more inviting for everyone who walks through our doors.

- Projects in-progress:

Handrail Replacements to improve safety and accessibility throughout the home

Front patio fence and flower bed enhancements to create a more welcoming and therapeutic outdoor space

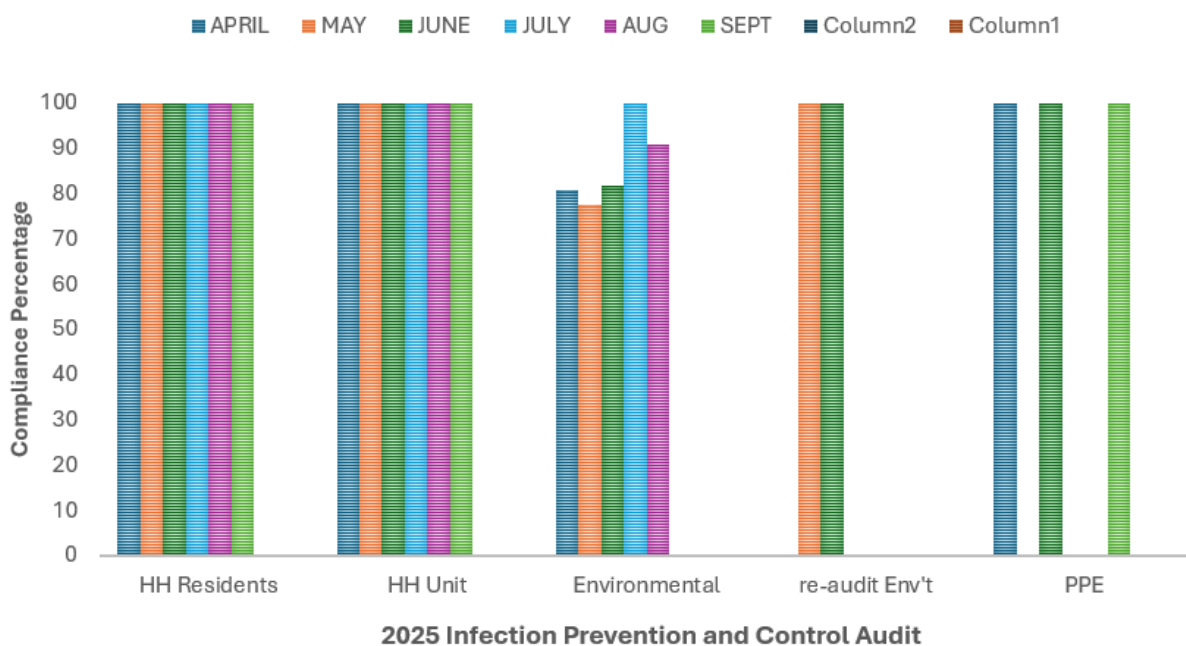
Access System Upgrade to improve building security and access

We appreciate everyone's patience and cooperation as we make these important improvements to our shared environment!

As always thank you to our incredible staff, Residents, and families for your continued support and collaboration. Let's carry the spirit of gratitude and recognition throughout the month and beyond.

Warm regards,
Carol.

➤ Infection Prevention and Control Report (April-September)



HOW TO GET INVOLVED

Join us for our Resident & Family Council meeting!
The meeting is held monthly, 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

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
(604) 939 - 4654