

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 October 2025			1 10:00 Singersize 10:30 Art Therapy 2:00 Floor Hockey	2 11:00 Music Therapy 1:00 Art Therapy 2:15 Alpine Music Therapy 3:00 Bingo	3 10:45 Kootenay Kids Preschool Visit 1:30 Music with Valinda 6:00 Oxygen  Oktoberfest Performs!	4 2:00 Performance <i>by Shifting Winds</i>
5	6 9:30 Alpine Visits 11:00 Outing: <i>Railtown A&W</i> 2:00 Workshop	7 9:30 Beachview Bingo 2:00 United Church 3:00 Threshold Singers	8 10:00 Baking 10:30 Art Therapy 2:00 Kevin & Friends Entertain! 	9 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:15 Alpine Music Therapy 3:00 Bingo	10 10:00 Chair Yoga 2:00 Birthday Social <i>with The Jubilakers!</i> 	11
12	13 9:30 Alpine Visits 10:30 Thoughts on Thankfulness  2:00 Workshop HAPPY THANKSGIVING	14 9:30 Beachview Bingo 1:00 Library Visit 2:00 Anglican Church	15 10:00 Singersize 10:30 Art Therapy 2:00 Performance by <i>Grass Fire!</i>	16 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	17 10:45 Kootenay Kids Preschool Visit 1:30 Crossword Puzzle 3:00 Sensory Visits	18 1:30 Junebug Line Dancers! 
19  4:00 Armchair Travel: Germany	20 9:30 Alpine Visits 11:00 Outing: Mall 2:00 Workshop 	21 9:30 Beachview Bingo 1:00 Craft Faire Planning Meeting 3:00 Doukhobor Choir	22 10:00 Baking 10:30 Art Therapy 1:30 Joyful Sound Hymn Sing	23 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	24 10:00 Chair Yoga 1:30 Catholic Mass 2:30 Performance by Philip Seagram!	25 
26	27 9:30 Alpine Visits 11:00 Outing: <i>Jackson's Hole</i> 2:00 Workshop	28 9:30 Beachview Bingo 10:30 Lombardy Pizza Party! 2:00 First Baptist Church	29 10:30 Art Therapy  2:00 Mountain Lake Annual Talent Show!	30 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	31 10:45 Kootenay Kids Preschool Costume Parade 2:00 Halloween Photo Shoot 6:00 Trick-or-Treating!	



Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 October 2025			1 1:00 Art Therapy 2:00 Floor Hockey ~RR	2 11:00 Exercises 1:00 Art Therapy ~RR 1:00 Music Therapy	3 10:45 Kootenay Kids Preschool Visit 12:30 General Store 1:30 Music with Valinda 3:00 Sensory Visits 6:00 Oxygen <i>Oktoberfest Performs!</i> 	4 2:00 Performance <i>by Shifting Winds</i>
5	6 11:00 Tenant Council Meeting 1:00 Workshop 3:00 Bingo	7 11:00 Exercises 2:00 United Church 3:00 Threshold Singers	8 10:00 Baking 1:00 Art Therapy 2:00 Kevin & Friends Entertain!	9 11:00 Exercises 1:00 Music Therapy	10 10:00 Chair Yoga ~RR 1:30 Birthday Social <i>with The Jubilakers!</i> 	11
12 11am-3pm Personal Touch Clothing Sale	13 2:00 Workshop 3:00 Bingo 	14 11:00 Exercises 2:00 Library Visit 2:00 Anglican Church	15 1:00 Art Therapy 2:00 Performance by Grass Fire!	16 11:00 Exercises 1:00 Music Therapy	17 10:45 Kootenay Kids Preschool Visit 12:30 General Store 1:30 Crossword Puzzle ~RR	18 1:30 Junebug Line Dancers! 
19  4:00 Armchair Travel: Germany	20 11:00 Outing: Mall 2:00 Workshop 3:00 Bingo 	21 11:00 Exercises 1:00 Craft Faire Planning Meeting 3:00 Doukhobor Choir	22 10:00 Baking 1:00 Art Therapy 1:30 Joyful Sound Hymn Sing ~RR 2:30 Happy Hour!	23 11:00 Exercises 1:00 Music Therapy	24 10:00 Chair Yoga ~RR 10:30 Manicures 1:30 Catholic Mass 2:30 Performance by Philip Seagram! ~RR	25 
26	27 11:00 Outing: <i>Jackson's Hole</i> 2:00 Workshop 3:00 Bingo	28 11:00 Exercises 2:00 First Baptist Church	29  2:00 Mountain Lake Annual Talent Show!	30 11:00 Exercises 1:00 Music Therapy	31 10:45 Kootenay Kids Preschool Costume Parade 12:30 General Store 3:00 Halloween Photo Shoot 6:00 Trick-or-Treating!	





908 Eleventh Street Nelson BC V1L 7A6

250-352-2600

SEPTEMBER ~ OCTOBER 2025 NEWSLETTER

OUR VALUES

Safety & Quality ~

Teamwork & Partnerships

**Responsibility &
Stewardship**

Innovation & Creativity

Voices that are Respected

Empathy & Trust

S.T.R.I.V.E.

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.

Welcome to the *Mountain Lake Seniors Community Newsletter*. We are partners in care and aim to keep you informed and invite you to provide input for our continuous quality improvements. We honor our relationships with all Residents, family members and staff through active listening, consistent follow up and quality service. Please do not hesitate to reach out to our Site Leader, *Jessica Larocque* should you have any comments, questions or concerns. She can be reached via email at jessica.larocque@ppsl.com or by telephone at 250-352-2600 ext.3,1



Message from Site Leader

Please watch for a notice from our Director of Care, James Besa, about our annual Influenza Immunization Clinic. We will email Substitute Decision Makers to obtain consent if you wish for your loved one to receive the vaccine.

Here are the regularly scheduled Monthly Church Services:

1st Tuesday United Church

2nd Tuesday Anglican Church

4th Tuesday First Baptist Church

4th Friday Catholic Church



EMERGENCY RESPONSE CODE PURPLE: HOSTAGE/ WEAPONS

EMERGENCY RESPONSE CODE HOSTAGE/ WEAPONS

What does it mean?

Code Purple is the designated phrase to alert personnel to an incident where a Resident, family, visitor, employees or a physician is being held against their will by another individual or where someone is threatening violence with a weapon.

What do I do?

- If you are held against your will:
 - If able, call for HELP
 - Remain calm, if spoken to, speak in a calm voice
 - Consider escape opportunities carefully
 - Do not be aggressive or use threatening body language
- As a Supporting Employee:
 - Prevent others from entering the area
 - Move Residents, families, visitors, and employees in the immediate vicinity to a safer area; if moving is not advisable, shelter in place behind secured doors
- All unaffected areas:
 - Close and secure doors if possible
 - Ask Residents, families, and visitors to remain in their rooms until the situation is resolved and or the 'All Clear' is announced



Learn more about Purple – Hostage/ Weapons

- Refer to our Park Place Emergency Preparedness & Response Manual
- Review the Park Place Code Purple Response Procedure Tab 10

CODE OF
THE
MONTH:
SEPTEMBER
PURPLE
HOSTAGE/
WEAPONS



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 OF
THE MONTH:
OCTOBER
WHITE
VIOLENCE/
AGGRESSION

NEWS

Education Sessions for the month of September at MLSC

Assisted Eating & Feeding

Infection Prevention & Controlled Practices

Musculo-Skeletal Injury Prevention



Get Involved?

Resident & Family Council Meetings

Long-Term Care- 2nd Thursday of the month @ 1:30 pm in the Rec Room or via TEAMS

Assisted Living- 2nd Monday of the month @ 11:00am in the Assisted Living-Common Living Room



Why did the scarecrow win a Nobel Prize?

He was outstanding in his field

GRIEF SUPPORT MEETINGS FOR CARE STAFF

WHEN: the last Thursday of every month **WHERE:** A.L. Private Dining Room **TIME:** 13:30 – 14:00

Want to VOLUNTEER?

- ✓ Criminal Record Check
- ✓ Signed Pledge of Confidentiality
- ✓ Follow Park Place Policies

Please connect with Sandra for more information on Volunteering

250-352-2600 ext 2, 1



CYCLING WITHOUT AGE



We appreciate *Cycling Without Age* and the dedicated volunteers who show up at Lakeside Park and even in our own parking lot to offer rides to Residents!

Thank you

Thank You
Volunteer 

Thank you for your TIME,
So generous and kind.

Thank you for ALL you do,
For us and others too.

Thank you for showing up,
With PASSION oh so true.

You're awesome VOLUNTEER,
We appreciate YOU!

Upcoming Events

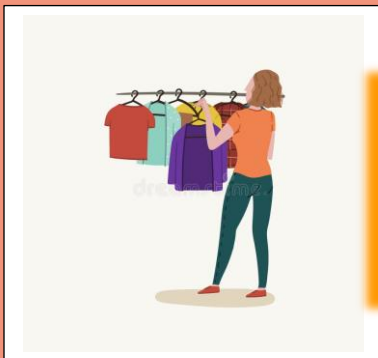
MARK YOUR CALENDARS



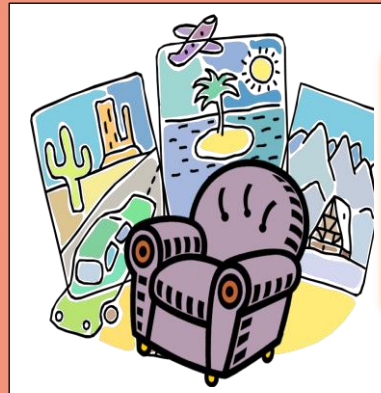
October 3rd at 6pm -
Oktoberfest
celebration with musical
performance by Oxygen
Oktoberfest



October 10th
at 2pm -
Birthday Social
with
Jubilakers



October 12th
from 10am-2pm
Personal Touch
Clothing Sale



October 19th at
4pm
Armchair Travel
to Germany

TALENT SHOW

October 29th at 2pm - Mountain Lake
Community Talent Show!

Where: Assisted Living dining room.

Come and see the talented folks we have
living, working and visiting here!

(let a member of the Life Enrichment
Team know by October 27th if you have a
talent you would like to share!)



Halloween at Mountain Lake!

👻 October 31st 6pm-7pm 👻

Bring the kiddos to both the Long-Term Care and Assisted Living main entrances to show off their costumes and get some goodies!

Hand Hygiene- always ongoing. MLSC's most recent audit resulted in 100%. Great job Staff!

Please Wash Your Hands

Use the 4 Moments of Hand Hygiene

Stop the Spread of Germs and Save Lives

PARK PLACE SENIORS LIVING
Enriching Lives of Seniors

Take a Moment and Think About Your Hand Hygiene

Moment 1: Before contact with resident, before touching anything in their room, before shaking hands, before you do anything with the resident.

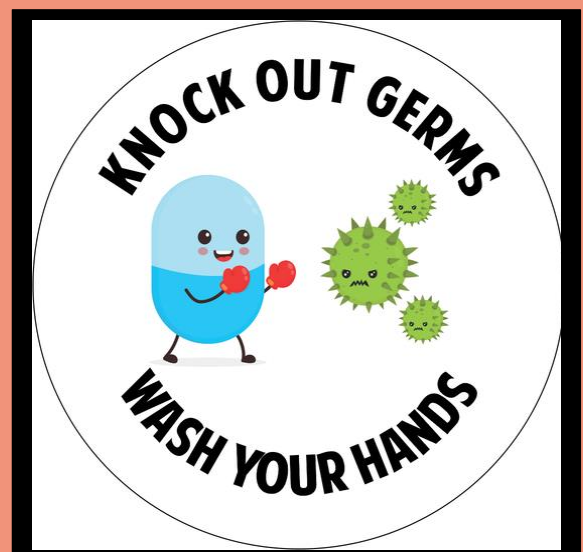
Moment 2: Before clean or aseptic procedure-before feeding resident, before putting eye drops in, before peri care, before wound care, before giving medications.

Moment 3: After exposure to blood or body fluids – after wound care, handling dirty laundry, emesis, feces, emptying catheter or colostomy appliances.

Moment 4: After contact with resident or their environment, after feeding, after linen change, before you leave their room, after taking vital signs, after assessment, after removing gloves.

Poster 2
IPC 05-05-02

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Page 1 of 1





Halloween Crossword Puzzle

B O N E S N P O T I O N S R R C W
 Q S C R E A M B Q Y F A N G S O I
 U S S Y C O S T U M E E N N V F T
 X K L O A K M X T R I P S M S F C
 D U B G N G H O S T Y R E X W I H
 Q L M A D I S K E L E T O N E N O
 N L A C Y B T P U M P K I N R C U
 P B G R X N L G Z Q X T C K E A D
 M O I C E M E T E R Y Q O C W U B
 J A C K O L A N T E R N B V O L A
 W R Z O M B I E G T B C W I L D Z
 J E X O W L T R R G L K E O F R Z
 C S I L H C O O A M Y F B X E O A
 Y T C P M Z D W V U A N S L Y N E
 B A E C A N D L E M V E K S B A T
 D L V R Q B R O O M S T I C K J P
 G O B L I N D G S Y Q B L O O D Y

Jack-O-Lantern
 Skeleton
 Candle
 Potion
 Bones
 Grave
 Witch

Broomstick
 Werewolf
 Cobweb
 Scream
 Candy
 Magic
 Bat

Cauldron
 Costume
 Coffin
 Zombie
 Fangs
 Mummy
 Owl

Cemetery
 Pumpkin
 Goblin
 Blood
 Ghost
 Skull
 RIP



Brochure 3

Flu or Cold?

Influenza vs. Cold

Influenza (the FLU) is caused by a highly contagious virus, which is spread by coughs and sneezes.

The flu is a respiratory illness with symptoms developing one to three days after contact with the virus.

For people with an underlying medical condition or reduced immunity, Flu can trigger potentially life-threatening complications.

These complications can include:

- Increased acuity of existing symptoms from the underlying disease, such as a severe asthma attack if the patient has asthma; increased risk from lung
- disorders (COPD); or worsening of congestive heart failure.
- Pneumonia or Bronchitis; and
- Sinus or Ear infections.

Colds are also a respiratory illness caused by a highly contagious virus which is both airborne (droplets sneezed into the air) and transferred by physical contact. Symptoms develop 24 to 72 hours after infection. The disease is usually mild with few complications.

FAST
FACT

Flu season generally occurs during the fall, winter and early spring



Flu & Cold Symptom Checklist

Use this checklist to decide if you have a cold or the flu

SYMPTOM	COLD	FLU
FEVER	Rare	Usually present with a temp. of 38-39 C for 3 to 4 days
ACHES	Slight body aches and pains can be present	Severe aches and pains present
CHILLS	Uncommon	Fairly common
TIREDDNESS	Fairly mild	Moderate to severe (unexplained tiredness)
SUDDEN SYMPTOMS	Symptoms develop over a few days	Rapid onset within 3-6 hours. High fever, aches and pains.
COUGH	Hacking, productive cough often present	Common, nonproductive, dry cough
SNEEZING	Commonly present	Not commonly present
STUFFY NOSE	Usual with a cold and resolves within a week	Not commonly present
SORE THROAT	Common with a cold	Not commonly present
CHEST DISCOMFORT	Mild to moderate	Severe chest discomfort is common
HEADACHE	Fairly uncommon	Fairly common

Flu Facts

F FEVER
A ACHES
C CHILLS
T TIREDDNESS
S SUDDEN SYMPTOMS

REMEMBER:
GET YOUR
FLU SHOT!



Please
take care
of
yourself

EMPLOYEE OF THE MONTH

SEPTEMBER 2025 NATHAN ISON

Nathan treats Residents with Dignity and Respect. He is cheerful and takes time to really get to know Residents and their needs. He takes immense pride in the care he provides and encourages Residents to be as independent as possible. MLSC is very lucky to have you, Nathan!

Congratulations!



We've been enjoying the beautiful weather!

Crossword
Puzzle on
the Patio



Hula Hooping
with
Volunteer
Shawna





Juggling

with

Maintenance
Mike

Baker
Street
Farmer's
Market



Pizza Day- with fresh
tomatoes, basil,
cucumber and chives
grown by residents of
the Garden Club!

PIZZA

PIZZA

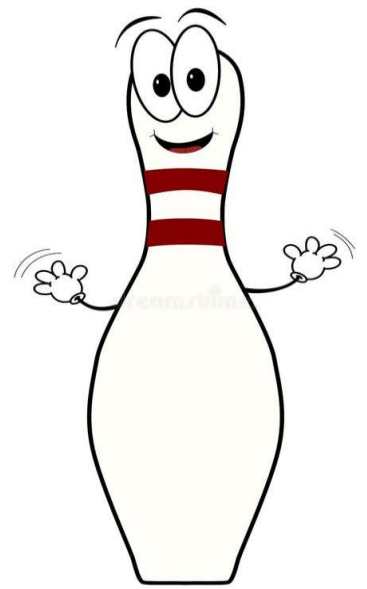
made
with
love
♥



YUMMY!!!



Bowling with Kootenay Kids Preschool



*Almost
everything
will work
again if you
unplug it
for a few
minutes,
including
you*

Happy Fall, Ya'll!