



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1F = 1 st Floor 2F = 2 nd Floor 3F = 3 rd Floor 	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 2F 2:30 Bingo Club 3F 3:30 Walking Club	9:30 Chair Exercise 1F 11:00 Chair Exercise 3F 2:00 Active Game 2F 6:00 Reminiscing 3F	10:00 Church Service 2F 11:00 Chair Exercise 1F 2:00 December Birthday & Welcoming Party w/ Live Music Variations! 2F 6:00 Music & Painting 3F	9:30 Chair Exercise 10:30 Catholic Mass 2F 11:00 Chair Exercise 3:30 Christmas Lights Bus Tour to Lafarge Lake and Port Coquitlam Displays	11:00 Chair Exercise 3F 2:30 Table Games 1F 4:00 Room Visits 6:00 Snoezelen 2F	11:00 Chair Exercise 1F 2:00 Festive Piano Concert w/ Paulina 2F 6:00 Puzzle Club 2F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Table Games 1F 3:30 Hand Massage & Manicure 3F	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 2F 2:30 Bingo Club 3F 3:30 Walking Club	9:30 Chair Exercise 3F 10:30 Chair Exercise 2F 11:00 Chair Exercise 1F 2:00 Helping Hands 2F 6:00 Christmas Card Making 3F	9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 1:30 Staff Christmas Party! 3:00 Joyful Singers Christmas Caroling 2F 6:00 Music Video Requests 2F	9:30 Chair Exercise 1F 10:30 Chair Exercise 3F 11:00 Chair Exercise 2F 2:00 Christmas Cookie Decorating 1F 3:30 Mini Bingo 3F 6:00 Reminiscing	11:00 Chair Exercise 1F 2:30 Scrabble 2F 4:00 Room Visits 6:00 Snoezelen 3F	11:00 Chair Exercise 3F 2:30 Christmas Movie Matinee 2F 6:00 Puzzle Club 1F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Christmas Karaoke 2F 3:30 Hand Massage & Manicure 3F	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 2F 2:30 Bingo Club 3F 3:30 Walking Club <i>Christmas Spirit Week</i>	Preparation for Resident Christmas Party <i>Christmas Spirit Week</i>	Preparation for Resident Christmas Party <i>Christmas Spirit Week</i>	9:30 Chair Exercise 1F 12:00 Resident Christmas Party w/ Live Music by Dave Dorozio! 2F 6:00 Brain Games <i>Christmas Spirit Week</i>	11:00 Chair Exercise 2F 2:00 Resident & Family Council Meeting 3F Lounge 2:30 Table Games 3F 4:00 Room Visits 6:00 Snoezelen 1F <i>Christmas Spirit Week</i>	11:00 Chair Exercise 2F 2:30 Christmas Card Making 1F 6:00 Christmas Music Video Requests 3F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Table Games 3F 3:30 Hand Massage & Manicure 2F	9:30 Chair Exercise 1F 10:30 Hand Therapy w/ Laura 10:30 Communion 2F 2:30 Bingo Club 3F 3:30 Walking Club	9:30 Chair Exercise 3F 10:30 Chair Exercise 2F 11:00 Chair Exercise 1F 2:00 Helping Hands 3F 6:00 Christmas Card Making 2F	Christmas Eve Christmas Cards & Gift Giving	Christmas Day! Christmas Cards & Gift Giving 4:00 – 5:00 pm Residents Christmas Dinner	Boxing Day 11:00 Chair Exercise 1F 2:00 Hand Massage & Manicure 3F 3:30 Table Games 2F 6:00 Walk & Talk 3F	11:00 Chair Exercise 1F 2:30 Scrabble 2F 6:00 Puzzle Club 3F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Karaoke 3F 3:30 Hand Massage & Manicure 1F	9:30 Chair Exercise 1F 10:30 Communion 2F 2:30 Bingo Club 3F 3:30 Walking Club	9:30 Chair Exercise 3F 10:30 Chair Exercise 2F 11:00 Chair Exercise 1F 2:00 Helping Hands 3F 6:00 Music & Painting 2F	New Years Eve 9:30 Chair Exercise 1F 10:30 Chair Exercise 2F 11:00 Chair Exercise 3F 2:00 New Years Eve Party w/ Live Music by Gordan Rebelato! 2F	<div>  <div> <h1>December</h1> <h2>2025</h2> <p>Cartier House Care Community</p> </div> </div>		

PLEASE NOTE: Programs subject to change based on staffing/availability/unforeseen circumstances.

THE NEIGHBOURHOOD

Cartier House Care Centre

December

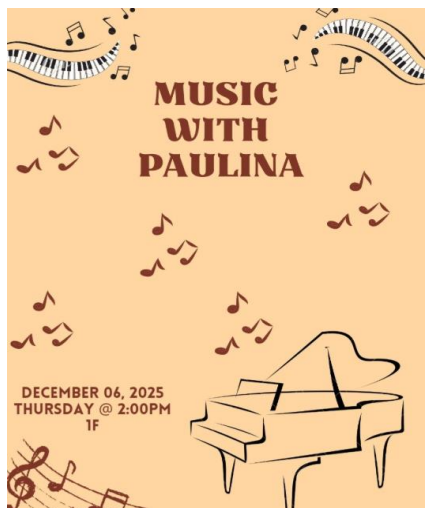
2025

1419 Cartier Ave, Coquitlam

BC V3K 2C6 (604) 939-4654



UPCOMING EVENTS!



BROCHURES & CODE OF THE MONTH

Falls Causes & Risk Factors

All people live at risk of falling and sustaining a fall-related injury. Falls are a common occurrence in elderly people regardless of where they are living. Approximately 30 to 50 percent of people age 65 or older will fall each year.

The reasons people fall are complex and are the result of the interaction between many factors. There has been a lot of research done to identify what those causes and risk factors are. Identified risk factors include things like:

- Chronic, long-standing illness
- Physical weakness or movement problems
- Medications
- How people use their wheelchairs or walkers
- Loss of vision or hearing
- Individual residents' ability

Some risks specific to our residents can be modified like medication, footwear and wearing hip protectors. The combination of risk factors differs between individuals and hence, the need for a resident-specific assessment and care plan.

Falls Management

FAST FACT Approximately 30 to 50 percent of people age 65 or older will fall each year.

Finding Balance: Falls Management



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.

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FAST FACT A number of prescription medications have been associated with an increase in falls when used by seniors

➤ Learn more about *the common causes and risk factors for falls and how we can help to prevent them.*

Facts on Falls and Restraints

COMMUNICATION IS KEY

If you or a family member is fearful of falling, it is important to talk with your nurse about reducing the chance of falls. Often, residents or their families request restraints or bed rails placed in the upright position because they are afraid of fall-related injuries.

LEAST RESTRAINT APPROACH

Recent research shows that side rails and restraints do not help keep people from falling; in fact, a restraint may contribute to a more serious fall. Best practice in the care of older adults requires that we have a "Least Restraint" approach to care for our residents and we have made great progress in this area.

Facts on Falls and Restraints

REVIEW MEDICATIONS

Keep in mind that certain medications might also be considered restraints. The reason the medication is being used generally determines if it is a restraint. If the medication is used to control residents by sedating them or making them sleep more, these medications may also be restraints. Most of these types of medications have serious side effects, including increased risk of falling, sedation and movement disorders.



Facts on Falls and Restraints

UNDERSTANDING EACH RESIDENT

We want our residents to feel safe and to be able to participate fully in the life of this Care Home. This cannot be done if a restraining device is used. For each resident, we need to understand the specific issues that will reduce the chances of their falling and harming themselves.

We are not able to prevent all falls, just as you are not able to prevent all falls or accidents in your own home. However, with your help and cooperation we can work together to make this a safer home for our residents.



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

FAST FACT For many seniors, the use of a restraint can cause feelings of loss of dignity and self respect, loss of identity and increase anxiety

Hip Protectors

HIP PROTECTORS ARE ALWAYS ON YOUR SIDE

A hip fracture can cost you your independence, your well-being, even your life. The following picture shows a hip fracture, which is a break at the top part of the femur



Hip Fracture

Hip Protectors

Hip Protectors are Always on Your Side



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➤ Be informed about *the importance of hip protectors and how they can help to prevent hip fractures from falls.*



All About Hip Fractures

All About Hip Protectors

Talk to Your Care Team

All About Hip Fractures

WHAT IS A HIP FRACTURE?
A hip fracture refers to a break of the top part of

WHAT ARE THE CONSEQUENCES OF HIP FRACTURES?
Hip fractures result in poor health, pain and hardship. The majority of people suffering hip fracture never regain their previous mobility and

CAN HIP FRACTURES BE PREVENTED?
YES! The chance of sustaining a hip fracture can be greatly reduced by wearing a hip protector. Hip protectors are comfortable and convenient, and they reduce risk of hip fractures by more than 50%.

FAST FACT

In Canada approximately 80% of falls related admissions to hospitals by seniors are due to fractures.

All About Hip Protectors

WHAT ARE HIP PROTECTORS?
Hip protectors are special garments (underwear, shorts, or pants) containing soft pads specifically

HOW DO THEY WORK?
Hip protectors absorb the force of a fall and

HOW DO I USE A HIP PROTECTOR?
Hip protectors can be worn like an underwear or on top of underwear (depending on the model).

WHEN SHOULD I WEAR HIP PROTECTORS?
Hip protectors can only help when you are wearing them. They should be worn 24 hours a

FAST FACT

It is estimated that between 20% and 30% of seniors fall each year and approximately 10% of these falls result in a hip fracture.

Talk to Your Care Team

Talk to your Care Team about your risk of falling and whether hip protectors are right for you.

PARK PLACE SENIORS LIVING DOES NOT ENDORSE ANY ONE SPECIFIC COMPANY THAT SELLS HIP PROTECTORS

FAST FACT

It is estimated that between 20% and 30% of seniors fall each year and approximately 10% of these falls result in a hip fracture.

Reviewed by a group of Park Place

A Good Night's Sleep

A Good Night's Sleep

A Good Night's Sleep

Changes in Quality of Sleep

At Park Place Seniors Living we are committed to helping our residents have a good night's sleep. We recognize that the right amount of sleep and rest improves our ability to cope and function with the daily activities of life. A good night's sleep helps improve concentration, allows our body to repair any cell damage that occurred during the day, and refreshes our immune system, which in turn helps to prevent disease.

We also know that it's common for older adults to experience changes in the quality and length of their sleep but regardless there are still things you can do to help yourself get a good night's sleep.

Many of the changes in our sleep patterns occur due to changes in our body's internal clock. This internal clock is located in our brain and controls 24-hour daily cycles, called circadian rhythms.



Getting a Good Night's Sleep



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FAST FACT
Circadian rhythms influence our daily cycles, like when people get hungry, when the body releases certain hormones, and when a person feels sleepy or alert

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➤ *Sleep quality and quantity can make a huge difference in health and well-being; this brochure includes tips on how to keep internal clocks regular to promote a good night's rest.*

A Good Night's Sleep

A Good Night's Sleep

A Good Night's Sleep

Tips for Keeping your Internal Clock Regular

GET NATURAL LIGHT
The body's internal clock receives information from our eyes, and light is one of the most powerful cues for maintaining circadian rhythms. That is why it's important to get some natural light during the day. Natural helps the body to set our natural sleep rhythms.

FOLLOW A SLEEP SCHEDULE
To keep your body's clock regular it is important to try and follow a regular sleep schedule. Avoid sudden changes in your sleep schedule. This means going to bed and waking up at the same time every day and being careful about napping too long. We will do our best to individualize bedtimes as much as possible according to your preference. This preference is recorded in your care plan.

DRINK WATER
Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to our muscles. So not getting enough of it can have a serious impact on our health. Fluid intake especially water, is important and encouraged during the day. It is also important to limit your fluid after supper, this helps to keep our body's clock on schedule and cuts down on the need for bathroom trips at night.

Tips for Keeping your Internal Clock Regular

RESTRICT CAFFEINE IN THE EVENING
Most of us love our coffee and/or tea. These beverages help get you going in the morning because they contain caffeine. Caffeine is a stimulant so even though you love to drink these beverages, it is also important to limit caffeine late in the day. You can do this by avoiding coffee, tea, and chocolate in the evening.

HAVE A LIGHT SNACK
In order to keep your internal clock regular, it is important to satisfy your hunger prior to bed. Having a light snack such as low-sugar cereal, yogurt, or warm milk is a good choice. It is also important to cut down on sugary foods. Eating sugar can cause trouble with your sleep pattern and pull you out of the restorative stages of sleep.



Tips for Keeping your Internal Clock Regular

If you feel tired during the day, a nap may provide the energy you need to be alert and complete the rest of the day. Experiment to see if it helps you. Some tips for napping include:

- 1 KEEP IT SHORT**
Naps as short as five minutes can improve alertness and certain memory processes. Most people benefit from limiting naps to 15-45 minutes. You may feel groggy and unable to concentrate after a longer nap.
- 2 NAP EARLY**
Nap early in the afternoon. Napping too late in the day may disrupt your internal clock and nighttime sleep.
- 3 BE COMFORTABLE**
Try to nap in a comfortable environment preferably with limited light and noise.

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

Sleeping Pills

Tips for Better Sleep

- Exercise. Physical activity helps you sleep better. But avoid vigorous activity for several hours before bedtime.
- Keep a routine. Try to go to bed and wake up at about the same time every day.
- Try not to eat right before bedtime. Eat three hours or more before going to bed.
- Avoid caffeine after 3 p.m. Some people need to avoid caffeine even earlier.
- Limit alcohol. Alcohol causes sleepiness at first, followed by wakefulness.



Sleeping Pill:

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- Learn more about **sleeping pills and how they can help support good sleep** when other non-drug treatments are not effective enough.

Sleeping Pills

WHAT ARE SLEEPING PILLS?

Sleeping pills are drugs called "sedative-hypnotics" or "tranquilizers." They affect the brain and spinal cord. Doctors prescribe the drugs for sleep problems. These drugs are also used to treat other conditions, such as anxiety or alcohol withdrawal.

OLDER ADULTS SHOULD TRY NON-DRUG TREATMENTS FIRST

There are safer and better ways to improve sleep or reduce anxiety. Here's why:


- Sleeping pills may not help much
- Sleeping pills are usually not the best solution
- Try non-drug treatments first

DO SLEEPING PILLS WORK?

Many ads say that sleeping pills help people get a full, restful night's sleep. But studies show that this is not exactly true in real life. On average, people who take one of these drugs sleep only a little longer and better than those who don't take a drug.


TALK WITH YOUR DOCTOR

Get a thorough medical exam from your doctor before using sleeping pills. Sleep problems can be caused by depression or anxiety, pain, restless leg syndrome, and many other conditions. Even if an exam does not turn up an underlying cause, you should try other solutions before you try drugs (tips for better sleep are found below).



SLEEPING PILLS CAN HAVE SERIOUS, OR EVEN DEADLY SIDE EFFECTS:

All sedative-hypnotic drugs have special risks for older adults. Seniors are likely to be more sensitive to the drugs' effects than younger adults, and these drugs may stay in their bodies longer. This means it could be making you feel tired and weak and can cause confusion and memory problems as well as changes in balance that more than double the risk of falls and hip fractures. These are common causes of hospitalization and death in older people.



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

PARK PLACE SENIORS LIVING
Enriching Lives of Seniors

**EMERGENCY RESPONSE CODE BLACK:
BOMB THREAT OR SUSPICIOUS ITEM**

EMERGENCY RESPONSE CODE BLACK BOMB THREAT OR SUSPICIOUS ITEM

What does this mean?

- Code Black is the designated phrase used to alert employees of a bomb threat or discovery of a suspicious item
- This item may have been identified by an anonymous phone caller threatening the Home with a bomb or found by someone walking about the Home
- The Suspicious Item Emergency Response Plan details the actions to be taken by all employees to ensure the safety and security of themselves, Residents and visitors in the event a suspicious item, letter or package is discovered

What do I do if I answer the phone and the person on the other end tells me there is a bomb in the Home?

- Remain Calm
- Get as much information from the caller as possible (using the Park Place Bomb Threat Report (Form #700633))
- To notify your Site Leader or designate
- The Site Leader or designate will call 911 to contact the police immediately and then announce **Code Black** 3 times by the overhead paging or employee messenger
- The police will determine next steps. Any searches will be at the direction of the police. All employees will search their immediate areas and report the location of any suspicious package



What do I do if I find a suspicious package?

- DO NOT TOUCH a suspicious letter or package
- Report finding any suspicious package to the Site Leader or designate

Learn more about Code Black (Bomb Threat or Suspicious Items)

- Refer to your Park Place Emergency Preparedness & Response Manual
- Review the Park Place Code Black Response Procedure Tab

- **Code of the Month: Code Black – Bomb Threat or Suspicious Item**
- Code Black is the designated phrase used to alert employees of a bomb threat or discovery of a suspicious item
- **Code of the month and brochures are available at the front entrance of Cartier House.**

MONTHLY GAZETTE

December 2025

THE MONTHLY GAZETTE

"The crisp path through the field in this December snow, in the deep dark, where we trod the buried grass like ghosts on dry toast."

~ Dylan Thomas



Plant of the Month – Christmas Cactus

Christmas cactus is a type of cactus that typically blooms in late December. It is one of several kinds of so-called holiday cacti, including Easter cactus and Thanksgiving cactus, that tend to flower at festive times. Christmas cactus is native to the rainforests of Brazil. While the Thanksgiving cactus has yellow pollen, the Christmas has lovely pink pollen. Similar to other kinds of succulents, Christmas cactus has fleshy, thick, segmented stems capable of water storage. Unlike the many cacti that live in dry environments such as deserts, Christmas cactus



thrive in humid climates and need more frequent watering. These plants require about six weeks of cooler temperatures and 12- to 14-hour stretches of nightly darkness for their gorgeous pink flowers to open. Artificial light can also disrupt this process, so it's necessary to house your Christmas cactus in a light-free space each night.

Special Days

Hanukkah Begins
December 14

Winter Solstice
December 21

Christmas
December 25

Boxing Day (UK and Canada)
December 26

Kwanzaa Begins
December 26

New Year's Eve
December 31

Flower – Holly



The flower for December is the cheerful holly plant. Its bright red berries and shiny, deep-green leaves have come to symbolize the winter holiday season, as it historically has been used in decorations for Christmas and Chinese New Year. This plant also symbolizes protection and good luck, which is why ancient Romans made holly wreaths for newlyweds. Holly grows well in temperate and subtropical climates. Its berries are slightly toxic to humans but can be eaten safely by birds.

Birthstone – Turquoise



December's birthstone is turquoise. This vibrant blue-green gemstone with veins of brown or black is praised for its beauty and mystical qualities. Though found worldwide, turquoise is so named because it was prevalent in Turkish culture. It was traded at Turkish bazaars to Venetian merchants, who brought it to Europe. The Aztecs mined turquoise in the area now known as New Mexico, and a significant amount of turquoise today comes from Arizona, California, and Nevada.

Monthly Gazette

December 2025

Birthday Bough

December 1-7: Willow
Known for your whimsical, intuitive nature, you are the friend who sees between the lines and tells it like it is. You know how to find the fun and beauty in any situation. While you tend to be the life of the party, you also value alone time and self-reflection.

December 8-15: Cedar
Spiritual and elegant, you radiate inner peace and love for those in and outside of your circle. Kindness, wisdom, and care are your super powers. You also excel at cultivating deep friendships, joy, and creativity.

December 16-24: Oak
Like the magnificent, sturdy, and wise oak tree, you offer comfort, protection, advice, and love to those around you. Always with a smile at the ready, you are known for providing ample laughs, cheeky fun, delicious meals, and other merriment.

December 25-31: Pine
You are known for your strong character, patience, and willpower. When you set your mind to something, nothing stops you. Your friends and family know they can count on you to provide love, support, and compassion.



December Lore

Legend has it that...

- Forest animals can speak and understand humans on Christmas Eve.
- If snow falls on Christmas Day, Easter will be green, warm, and sunny.
- For some, December 28 is the unluckiest day of the year.

December Zodiacs

Sagittarius (The Archer)
December 1-21

Capricorn (The Sea Goat)
December 22-31

December is the month with the shortest daylight hours of the year in the northern hemisphere and the longest daylight hours of the year in the southern hemisphere. Its name comes from the Latin word *decem*, which means "ten." That's because the Roman year originally began in March, making December the 10th month of the Roman year. When January and February were added to the calendar, December became the 12th month. Many holidays and special events occur during December, including the winter solstice, Hanukkah, Christmas, and Kwanzaa.

Global New Year's Eve Traditions

In Brazil and Argentina, the underwear color worn on New Year's Eve indicates your hope for the upcoming year: yellow, you'll become richer; red, you'll find love; white, you'll find peace. Spaniards eat 12 grapes at midnight, while Italians have 12 spoonfuls of lentils. In Denmark, people celebrate by throwing their old dishes at the doors of their friends' homes. A front stoop littered with broken plates suggests the person inside has a lot of friends.

What's Lucky in December?

Lucky Color: Silver
Lucky Animal: Reindeer
Lucky Letters: H and X
Lucky Day: Wednesday
Lucky Plant: Mistletoe



December Birthdays

Richard Pryor (comedian) – December 1, 1940
Ozzy Osbourne (musician) – December 3, 1948
Ira Gershwin (lyricist) – December 6, 1896
Sammy Davis Jr. (entertainer) – December 8, 1925
Dame Judi Dench (actress) – December 9, 1934
Emily Dickinson (writer) – December 10, 1830
Dick Van Dyke (actor) – December 13, 1925
Patty Duke (actress) – December 14, 1946
Edith Piaf (singer) – December 19, 1915
Diane Sawyer (newscaster) – December 22, 1945
Ava Gardner (actress) – December 24, 1922
Steve Allen (entertainer) – December 26, 1921
Marlene Dietrich (actress) – December 27, 1901
Bo Diddley (rock star) – December 30, 1928

- **Read this month's gazette issue** to learn about the Christmas cactus, the flower of the month: Holly, the Birthstone of the month: Turquoise, and December holidays and celebrations around the world!



NOVEMBER BIRTHDAY CELEBRATIONS!



- We celebrated our **Resident's November birthdays** with live music by the talented Richard Stepp! We had dancing, cake, and lots fun with friends. Wishing our celebrants good health, happiness, and many more wonderful years ahead!

BOWLING



- Our Residents enjoyed a **fun-filled afternoon of bowling**, complete with friendly competition and lots of laughter. The activity brought everyone together, promoting movement, social connection, and plenty of smiles.

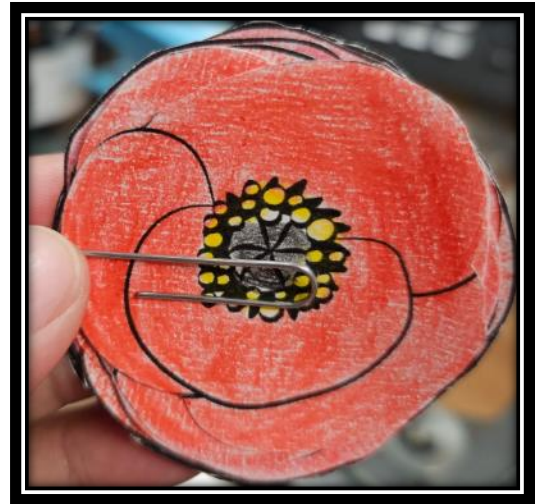
WELCOME TO OUR NEW RESIDENTS!



- (Left to right)
Raymond,
Eileen, and
Belle.

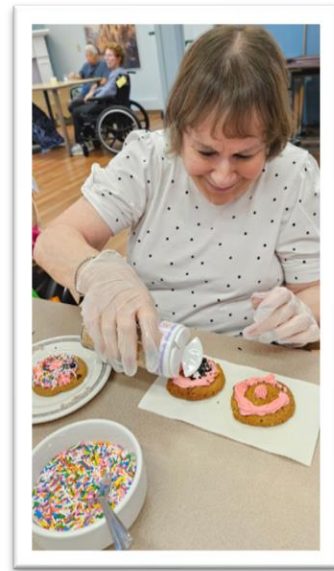
- **Welcome to your new home!!** We're so happy to welcome you to our community! We hope you quickly feel at home, meet new friends, and enjoy the programs! Please don't hesitate to ask if you need anything – we're always here to help. Welcome to the family.

REMEMBRANCE DAY CEREMONY



- The Cartier House Community came together for a **Remembrance Day ceremony**, honoring the bravery and sacrifices of our veterans. A **live bagpipe performance** by the talented Hannah Focken added a powerful and emotional touch, creating a meaningful atmosphere for Residents, families, and staff. It was a moment of reflection, gratitude, and unity for all who attended.

COOKIE DECORATING



- Our Residents enjoyed a fun **cookie decorating activity**, filling the room with creativity, laughter, and the sweet scent of fresh treats. The activity offered a fun way to express personal flair while sharing warm moments together and enjoying the delicious treats together with hot chocolate!

LUNCH CLUB



- Our Residents gathered for our **Lunch Club** and enjoyed a delicious takeout meal together, turning an ordinary afternoon into something special. The shared food and conversation made for a warm, social, and satisfying experience.

ARTS & CRAFTS



- Our Residents had a wonderful time **creating festive Christmas wreaths**, filling the room with creativity and holiday cheer. The activity brought everyone together as they crafted beautiful decorations to brighten their doors and spirits.





Dear Residents, Families, Staff and Community Partners,

As we approach the end of another year, I want to take a moment to reflect with gratitude and joy. The holiday season is a time of togetherness, celebration, and appreciation, and I am deeply thankful for each of you who make our care community such a special place.

- **To our Residents:** You are the heart of our home. Your stories, resilience and spirit inspire us every day. It is our privilege to care for you and to share in the warmth of this season together.
- **To our Families:** Your trust, support, and partnership mean the world to us. Thank you for walking alongside us in ensuring your loved ones feel safe, valued, and cherished.
- **To our Staff:** our dedication, compassion, and tireless efforts are the foundation of everything we do. You bring comfort, dignity, and joy to our Residents, and I am profoundly grateful for your commitment.
- **To our Community Partners:** Your collaboration and generosity strengthen our ability to provide exceptional care. Together, we create a network of kindness and support that enriches the lives of those we serve.

As we celebrate Christmas and welcome the New Year, may this season bring peace, joy, and hope to you and your families. Let us carry forward the spirit of compassion and community into the year ahead, continuing to build a home filled with love, respect, and belonging.

On behalf of leadership team and staff, I wish you all a **Merry Christmas and a Happy New Year filled with good health, happiness, and cherished moments!**

With heartfelt appreciation,
Carol.

Dear Cartier House Community,

As we celebrate this holiday season, I'm grateful for the joy, creativity, and connection we've shared throughout the year. Thank you to our Residents, families, and staff for bringing warmth and spirit to everything we do.

Wishing you peace, good health, and many moments of happiness this Christmas and in the year ahead.

Merry Christmas and Happy Holidays!

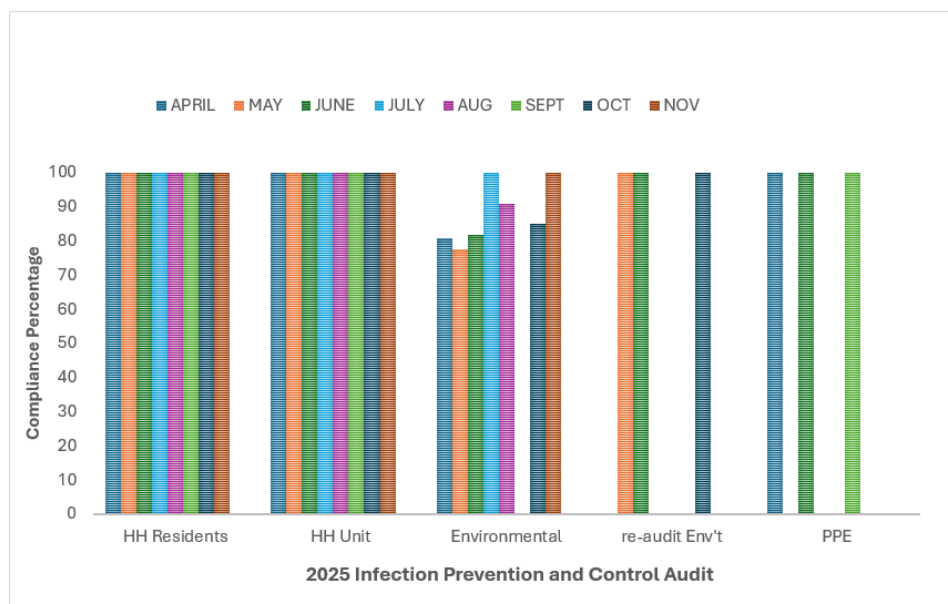
Warm regards,

Grace, Recreation Coordinator

As Flu Season approaches, we are committed to keeping our Residents, safe, healthy, and comfortable. Protecting your loved ones is our highest priority, and we rely on everyone's cooperation to maintain strong Infection Prevention and Control practices.

- **Stay home if you are unwell.** Please postpone visits if you have symptoms such as fever, cough, sore throat, or body aches.
- **Practice good hand hygiene.** Wash your hands thoroughly or use hand sanitizer before and after visiting
- **Wear a mask when required.** Masks may be requested in certain areas or during outbreaks or enhanced monitoring to protect Residents.
- **Get vaccinated.** Annual flu shots are strongly encouraged for families, staff, and visitors to help prevent transmission.
- **Follow staff instructions.** Our care team may implement additional precautions during flu season or in response to outbreaks or enhanced monitoring.

Thank you very much for your on-going support and partnership in keeping our community healthy.





Season's Greetings

From the Jina Family to Your Family

As 2025 comes to a close, our hearts are filled with gratitude and pride for the remarkable journey we've shared at Park Place Seniors Living. This year has been a testament to our collective spirit, innovation, and ongoing commitment to enriching the lives of seniors across our communities.

In July, we marked an exciting milestone with the groundbreaking of Beverly Heights Seniors Community in Edmonton. Construction is now underway, and when doors open in 2027, Beverly Heights will offer over 200 long term care beds, bringing new opportunities for seniors to experience dignified, purposeful, and connected living in a vibrant new home. Also in August, we were delighted to welcome Morgan Creek Seniors Community, with 121 long-term care beds situated in Surrey, BC, to the Park Place family.

In October, the annual Leaders Forum and Long Service Recognition Gala brought together our team in Vancouver, BC for education, collaboration, and celebrations. These gatherings continue to inspire fresh thinking and strengthen our shared vision for the future. One of the year's most joyful events was the reinstatement of our Sunflower Contest. Residents and employees across our homes planted seeds, nurtured their gardens, and competed for the tallest, largest and brightest blooms. The contest brought smiles and friendly competition. A formal announcement of our winners took place at our Gala. Wellington Retirement Residence in Medicine Hat was the winner for the tallest sunflower which reached 13.2 feet!

Throughout the year, we continued to celebrate many long service recognition events in our homes, honoring team members for their years of outstanding service and commitment to our Residents. These heartfelt ceremonies are a testament to the loyalty and care that define our organization.

Your dedication to safety, well-being, and the creation of welcoming, inclusive spaces has made every milestone possible. We are deeply grateful for the compassion and commitment each member of the Park Place team brings to our mission.

On behalf of the entire Jina family, we wish you a joyful holiday season and a New Year filled with health, happiness, and new opportunities. Together, we look forward to building on our successes and embracing the promise of 2026.

With heartfelt gratitude and warmest regards,

Al and Jenny Jina



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