



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:45 Balloon Toss 3F 10:45 Brain Games 1F 11:00 Exercise 2F 2:00 Pet Therapy 2:00 Book Club 3:00 Arts & Craft 3F 6:00 Table Games 1F	9:45 Balloon Toss 2F 10:45 News & Views 1F 11:00 Exercise 3F 2:00 Bowling 3F 3:00 Helping Hands Fall Decorating 6:00 Brain Games 3F <small>Rosh Hashanah Begins</small>	9:45 Balloon Toss 1F 11:00 Exercise 3F 2:00 Welcome New Resident & Birthday Party w/ Dave 1F 3:00 Helping Hands Fall Decorating 6:00 Reminiscing 2F	11:00 Exercise 3F 2:00 Table Games 1F 3:30 Trivia 2F 6:00 Walk & Talk 3F	11:00 Exercise 2F 2:00 Karaoke 3F 4:00 Room Visits 6:00 Music Video Request 1F
9:30 Virtual Church Service 1F 10:45 Manicure 2F 2:00 Men's Club 1F 3:30 Walk & Talk- Lobby	9:45 Exercise 3F 10:30 Exercise 2F 11:00 Muscles in Motion 1 1:30 BINGO CLUB 3F 3:00 Movie Matinee 1F	9:45 Balloon Toss 1F 10:45 Brain Games 2F 11:00 Exercise 3F 2:00 Pet Therapy 2:00 Book Club 3:00 Arts & Craft 1F 6:00 Table Games 2F	9:45 Exercise 1F 10:45 News & Views 2F 11:00 Exercise 3F 2:00 Snakes & Ladder 2 3:30 Snoezelen 1F 3:30 Doll Therapy 1F 6:00 Brain Games 1F	9:45 Exercise 1F 11:00 Exercise 3F 2:00 Bowling 2F 3:30 Doll Therapy 2F 3:30 Snoezelen 2F 6:00 Reminiscing 3F	11:00 Exercise 1F 2:00 Table Games 2F 3:30 Trivia 3F 6:00 Walk & Talk 1F <small>Yom Kippur Begins</small>	11:00 Exercise 2F 2:00 Karaoke 2F 4:00 Room Visits 6:00 Short Stories 3F
9:30 Virtual Church Service 2F 10:45 Manicure 3F 2:00 Ladies Club 2F 3:30 Walk & Talk- Lobby	9:45 Exercise 1F 10:30 Exercise 2F 11:00 Muscles in Motion 3 2:00 BINGO CLUB 3F 3:00 Thanksgiving Social 2F 6:00 Brain Games 3F <small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small>	9:45 Muscles & Motion 2F 10:45 Brain Games 3F 11:00 Exercise 1F 2:00 Pet Therapy 3:30 Arts & Craft 2F 6:00 Table Games 3F	9:50 Intergenerational Program 1F 11:00 Exercise 3F 1:30 Electoral Voting 3:30 Doll Therapy 3F 3:30 Snoezelen 3F 6:00 Brain Games 2F <small>Sukkot Begins</small>	10:00 Church Service 2F 11:00 Exercise 3F 2:00 Entertainment w/ Jared 3F 3:30 Room Visits 6:00 Reminiscing 1F	11:00 Exercise 2F 2:00 Table Games 3F 3:30 Trivia 1F 6:00 Walk & Talk 2F	11:00 Exercise 3F 2:00 Karaoke 1F 4:00 Room Visits 6:00 Painting to Music 3F
9:30 Virtual Church Service 3F 10:45 Manicure 1F 2:00 Men's Club 3F 3:30 Walk & Talk- Lobby	9:45 Exercise 3F 10:30 Exercise 2F 11:00 Muscles in Motion 1 1:30 BINGO CLUB 3F 3:00 Movie Matinee 2F 6:00 Brain Games 1F	9:45 Muscles & Motion 1:30 Resident & Family Council Meeting 3F 2:00 Pet Therapy 2:00 Book Club 3:00 Hot Chocolate Cart 6:00 Hand Massage 1F	9:50 Intergenerational Program 2F 11:00 Exercise 3F 2:00 Bean Bag Toss 3F 6:00 Hand Massage 2F	9:45 Exercise 1F 11:00 Exercise 3F 12:00 Lunch Club 2F 3:30 Sing Along 3F 6:00 Music Video Request 3F <small>Simchat Torah Begins</small>	11:00 Exercise 3F 2:00 Junk Drawer Detective 1F 3:30 Word Games 2F 6:00 Painting to Music 1F	11:00 Exercise 2F 2:00 Movie Matinee 3F 4:00 Room Visits 6:00 Short Stories 1F
9:30 Virtual Church Service 1F 10:45 Hand Massage 2:00 Ladies Club 3F 3:30 Walk & Talk- Lobby	9:45 Exercise 1F 10:30 Exercise 2F 11:00 Muscles in Motion 3 1:30 BINGO CLUB 3F 3:00 Movie Matinee 3F 6:00 Brain Games 2F	9:50 Intergenerational Program 3F 11:00 Exercise 2F 2:00 Pet Therapy 2:00 Book Club 3:00 Hot Chocolate Cart 6:00 Painting to Music 2F	9:30 Scenic Drive 2:00 Snakes & Ladder 3 3:30 Sing Along 2F 3:30 Sing Along 1F	10:00 Halloween Parade 2:00 Halloween Celebration w/ Gordon 2F 3:30 Room Visits <small>Halloween</small>		

1F= First Floor 2F= Second Floor 3F= Third Floor

Please note: ACTIVITIES ARE SUBJECT TO CHANGE BASED ON AVAILABILITY AND STAFFING

THE NEIGHBOURHOOD NEWS

CARTIER HOUSE CARE CENTRE

OCTOBER

2024

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



OCTOBER

UPCOMING EVENTS



**WELCOME NEW
RESIDENT
&
BIRTHDAY PARTY**

LIVE MUSIC WITH DAVE

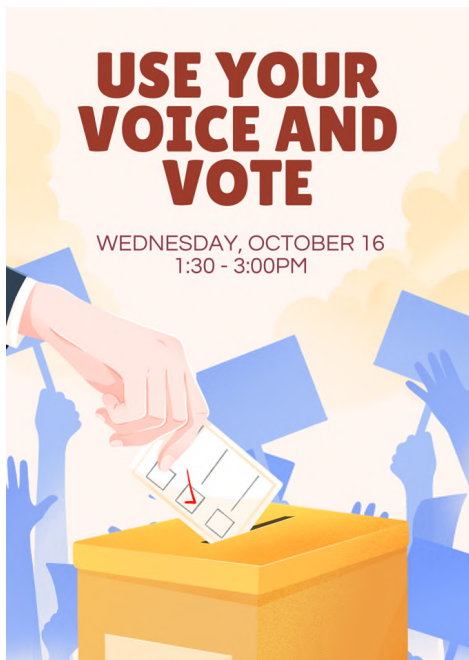
**THURSDAY, OCTOBER 3
2:00 PM
1ST FLOOR DINING ROOM**



*Thanksgiving
&
Social*

**MONDAY, OCTOBER 14
3:00 PM**

**SECOND FLOOR
DINING ROOM**



**USE YOUR
VOICE AND
VOTE**

**WEDNESDAY, OCTOBER 16
1:30 - 3:00PM**



+

**CHURCH
SERVICE**

**OCTOBER 17
10:00 AM
SECOND FLOOR**

**COPY OF THE MONTHLY CALENDAR IS AVAILABLE IN THE LOBBY
BY THE ENTRANCE**

ENTERTAINMENT
with JARED

17 THURSDAY
OCT 2:00 PM

COME AND JOIN US!

WE INVITE YOU TO A
**RESIDENT & FAMILY
COUNCIL MEETING**

TUESDAY, OCTOBER 22 | 1:30 PM
3RD FLOOR LOUNGE ROOM

ANY QUESTIONS OR CONCERNS?
HAVE SUGGESTIONS?

Join us in person or via Teams

604-959-4654 EXT. 150 CARTIER.RECREATION@PPSL.COM

LUNCH
club

THURSDAY, OCTOBER 24
2ND FLOOR LOUNGE ROOM

COME ALONG FOR THE RIDE

**SCENIC
DRIVE**

OCTOBER
30TH
9:30AM

WELCOME TO

**HALLOWEEN
CELEBRATION**

OCT 31 | 2:00 PM
Live Music with Gordon

SECOND FLOOR
DINING ROOM

CARTIER HOUSE CARE CENTRE

**HALLOWEEN
PARADE**

OCTOBER
31
10:00 AM

REMEMBER TO WEAR YOUR
COSTUME!

COME & JOIN US!

OCTOBER POSTERS

OCTOBER 2024

HAPPY Birthday

Oct 1 - Peter C.
Oct 7 - Ruth R.
Oct 17 - Graziella B.
Oct 23 - Gertruda K.
Oct 28 - Joyce P.
Oct 29 - Joyanne J.
Oct 30 - Catherine G.
Oct 31 - Del T.

WELCOME TO
CARTIER HOUSE

MARY ANN G.

To residents who have moved out of Cartier House, we thank you for entrusting us to care for you during your stay.

We wish you all the best!

HAPPY OCCUPATIONAL THERAPY MONTH

FOOD SERVICES WEEK

OCTOBER 6-12

STOP BULLYING

OUR DIFFERENCES MAKE US UNIQUE.
TOGETHER, THEY MAKE US STRONG

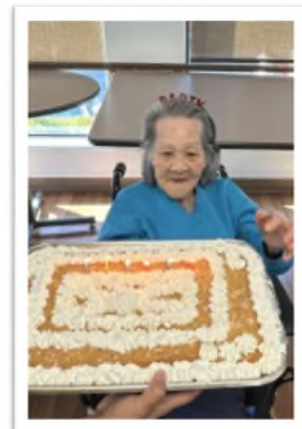
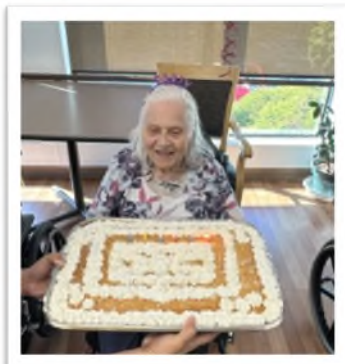
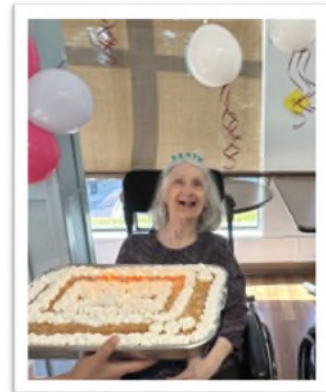
OCTOBER 13-19

SEPTEMBER HIGHLIGHTS

Ladies Club Tea Party



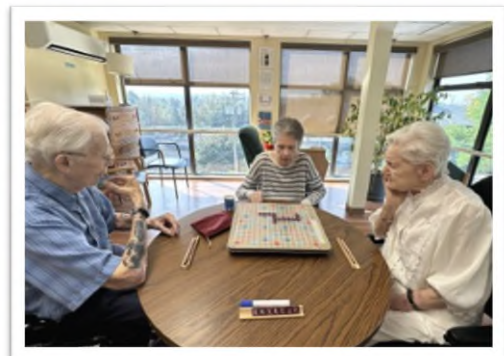
Welcome & Birthday Party



Entertainment



Games



Grandparents Day



Lunch Club



Ice Cream in the Patio



New Program:

An intergenerational program fosters relationships between the younger and older generations. It attempts to close the generational divide by giving older and younger individuals a sense of support and worth. Communities are strengthened by the friendships between the young and the elderly.



BROCHURES & CODE OF THE MONTH



EMERGENCY RESPONSE CODE RED: FIRE

EMERGENCY RESPONSE CODE FOR OCTOBER

FIRE

What does it mean?

Code Red is the designated phrase to alert personnel to smoke/ fire and details the actions to be taken by all staff to ensure the safety and security of themselves, their Residents, families, volunteers and visitors.

What do I do?

- If you see or smell smoke:
 - Activate the fire alarm (fire pull station) and investigate the origin
 - If you discover fire, follow **R.E.A.C.T.**
- Staff in the affected area:
 - Follow **R.E.A.C.T.** if not already initiated
- Staff responding to support the area in alarm:
 - Assist staff in movement of all persons away from the immediate affected area
 - Identify and locate all evacuation devices in case of escalation (i.e., transfer sleds, stretchers, wheelchairs)

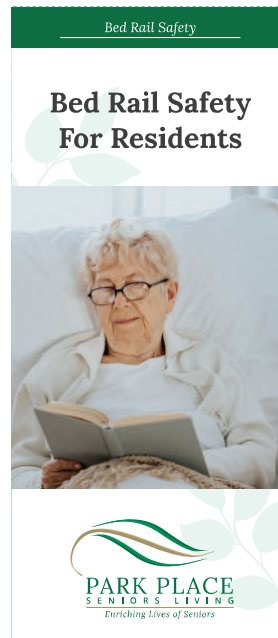


Review it before you need it:

- Locate the Fire Safety Plan in your Department
- Review the **Code Red** plan that describes actions you should follow if you see or smell smoke or the role you may play if a **Code Red** is declared

Learn more about **CODE RED: (FIRE)**

- Refer to your Park Place Emergency Preparedness & Response Manual
- Refer to your Home's Emergency Response FIRE Manual
- Know the steps for **R.E.A.C.T.**:
 1. **R**=Remove those in immediate danger
 2. **E**=Ensure the door containing the fire is closed
 3. **A**=Activate the fire alarm pull station
 4. **C**=Call for help and 911
 5. **T**=Try to extinguish or control the fire



OCTOBER FUN CORNER!

October 2024

THE MONTHLY GAZETTE

"I long for the bulbs to arrive, for the early autumn chores are melancholy, but the planting of bulbs is the work of hope and always thrilling."

~ May Sarton



Tree of the Month – Maple

There are over 120 species of maple trees and shrubs in a wide array of shapes, sizes, and leaf formation. Maples thrive in temperate climates around the world, including in the United States and Canada. The tree is so important to Canadian culture that the maple leaf is on the Canadian flag and the country's coat of arms. These gorgeous trees are a popular choice for backyards, parks, and city streets, as they provide both beauty and shade. While they are stunning year-round, maple trees are particularly striking during autumn. They put on vibrant displays as their



leaves change color and then drop to blanket the ground in swaths of red, yellow, orange, and brown. Maples are also prized for the delicious maple syrup some varieties provide. Vermont is known for their outstanding maple syrup. Other types of maples yield hard, dense wood that's used for furniture and other building projects.

Special Days

Rosh Hashanah
October 2–4

World Smile Day
October 4

Leif Erikson Day
October 9

Yom Kippur
October 11–12

National Sports Day
October 16

World Pasta Day
October 25

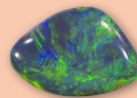
Halloween
October 31

Flower – Calendula



The calendula, commonly referred to as the pot marigold, is a hardy flowering plant that is native to the Mediterranean region but thrives in many climates. Calendula has medicinal uses due to its anti-inflammatory properties. Its petals can be eaten and have been used to color cheeses. The origin of this flower's name is unknown, but some speculate that its common name, *marigold*, refers to the Virgin Mary, as early Christians placed these flowers near statues of her in remembrance.

Birthstone – Opal



October's birthstone is the beautiful opal. Opals are primarily found in Australia, Eastern Europe, and South America. Because opals diffract light, they come in almost every color imaginable, and they appear milky or opaque. Throughout the ages, the opal has been associated with vision. In the 14th century, the gemstone was called the *opthalmius*, or "eye stone," as it was believed to strengthen one's eyesight. Ancient Greeks thought an opal honored its wearer with the gift of foresight and prophecy.





LEADER'S CORNER

A message from Carol:

Greetings from our home to yours!

With the arrival of fall, may we embrace the season of change, reflection, and gratitude. Let's take this time to care for ourselves and each other, fostering a sense of community and support.

October is the month to celebrate the valuable contributions of all the hardworking staff. As we recognize Health Care Aide month, let's honor the dedication and commitment of those who provide compassionate care to the Residents every day in order to achieve quality of life. During the Food Services Week, we appreciate those who provide nourishing meals and exceptional service. Your efforts play a vital role in the well-being of the Residents you served. A special acknowledgement goes to the Occupational Therapist, Physiotherapist and Rehabilitation Assistant for their essential role in rehabilitation and improving Residents' quality of life. This month also highlights Pharmacy week, honoring Pharmacists, for their expertise in medication management and patient care. All your hard work does not go unnoticed and made a profound impact on the lives of our Resident we care. Thank you very much for all that you do. Keep up the good work!

Finally, as we raise awareness for Workplace Bullying Awareness Week, let's take a stand against bullying and promote a culture of respect and support. Everyone deserves a safe and positive work environment where they can thrive. Together, we can create open lines of communication, encourage kindness, show appreciation even with the smallest good deeds and ensure that all voices are heard. Let's commit to standing up against bullying and fostering a workplace where everyone feels valued and respected.

Kind Regards,
Carol



HOW TO GET INVOLVED

Join us for our Resident & Family Council meeting!
The meeting is held 8 times per year; either in person or via Teams.
This gives both Residents & Families a chance to express concerns,
provide ideas and suggestions, and stay up to date on the workings of
Cartier House.

Teams Link sent via email

RESIDENTS & FAMILY COUNCIL MEETING

Resident & Family Council Meeting Date & Invite to follow – check your
emails! If you don't receive an invite, please email:

cartier.recreation@ppsl.com or
komal@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!



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