

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Free Day 😊 12	2 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 1	3 Daily Horoscope 9:30 Musical Exercise 10:00 Residents Council Meeting 10:30 Word Games 1:30 2	4 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 3	5 Daily Horoscope 9:30 Musical Exercise 10:00 Preparation for the party 10:30 Monthly B-day Celebration 2:00 4	6 Daily Horoscope 9:30 One on One by Cathy 😊 10:30 Sing Language Class 10:30 Bingo 1:30 5	7 Board Games (All DAY) CT Book Club Time 10:30 6	
8 Hymn Sing with Grace 😊 7	9 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 8	10 Daily Horoscope 9:30 Musical Exercise 10:00 Walmart Outing 10:30 Board Games 1:30 9	11 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 10	12 Daily Horoscope 9:30 Musical Exercise 10:00 My Voice Meeting 10:30 Painting with the nails 2:00 11	13 Sign Language Class 10:30 No Activity Preparation for the party Family & Residents Christmas Dinner 5:00pm 12	14 Board Games (All DAY) CT Book Club Time 10:30 1	
15 Free Day 😊 2	16 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 3	17 Daily Horoscope 9:30 Musical Exercise 10:00 Brentwood Lunch Outing 10:30 Arts & Craft 1:30 4	18 Daily Horoscope 9:30 Musical Exercise 10:00 Life Enrichment Meeting 10:30 Bingo 1:30 5	19 Daily Horoscope 9:30 Musical Exercise 10:00 CT Holy Mass by Fr. Joseph 10:30 Board Games 1:30 6	20 Sign Language Class 10:30 No Activity Preparation for the party Residents Christmas Party Dinner 5:00pm 7	21 Board Games (All DAY) CT Book Club Time 10:30 8	
22 Hymn Sing with Grace 😊 9	23 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 10	24 Daily Horoscope 9:30 Musical Exercise 10:00 Board Games 10:30 Ginger Bread Decoration 1:00 11	25 No Activity MERRY CHRISTMAS Y'ALL 12	26 Daily Horoscope 9:30 Musical Exercise 10:00 Board Games 10:30 Arts & Craft 1:30 1	27 Daily Horoscope 9:30 One on One by Cathy 😊 10:30 Dining Committee Meeting 10:30 Sign Language Class 11:00 Bingo 1:30 2	28 Board Games (All DAY) CT Book Club Time 10:30 3	
29 Free Day 😊 4	30 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 5	31 Daily Horoscope 9:30 No Activity Preparation for the party Residents New Year's Eve Party 5:00pm 6	December Calendar Courtyard Terrace			 Merry Christmas	

DECEMBER 2024



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

W: www.parkplaceseniorsliving.com T: 604 437 6262

Dear Resident, Family and Staff,

It is hard to believe the holiday season is here! Cathy and Mar are planning many fabulous events throughout the month. Watch your email for invites and updates.

In this Newsletter

- New & Noteworthy
- Home Updates
- Upcoming Events
- Our Four Strategic Imperatives
- How to get Involved

NOTEWORTHY

CT Talent Show 2024



IMPORTANT DATES

- DATE – December 5, 2024
Monthly Birthday Celebration
- DATE – December 13, 2024
Family & Residents
Christmas Dinner
- DATE – December 20, 2024
Residents Christmas Party
- DATE – December 31, 2024
New Years Eve Party

Our Mission What We Do

Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

Our Vision Why We Exist

At Park Place Seniors Living we are committed to ensuring a "Voice and a choice" for everyone we serve.

COURTYARD TERRACE SNAP SHOTS

NOVEMBER 2024 Happenings at Courtyard Terrace

Monthly Birthday Celebration



Happy Hour



















CT Holy Mass



DID YOU KNOW...



<p>On Dec. 5th St. Nicholas leaves toys, nuts, fruits and chocolate in childrens' shoes</p> 	<p>KFC fried chicken is a staple on Christmas in Japan</p> 
<p>St. Nicholas was a bishop in the 4th century Dutch settlers brought his legend to America where he became Santa Claus</p> 	<p>26 million trees are grown each year and take 7-10 years to mature</p> 
<p>The first Christmas was celebrated in 226 in Rome</p> 	<p>The USPS answers thousands of letters to Santa every year through a program called Operation Santa</p> 
<p>Since 1991, artificial Christmas trees have outsold live ones</p> 	<p>The Elf on the Shelf is so popular that he has his own float in the Macy's Parade</p> 
<p>Henry VIII was the first English King to taste turkey</p> 	<p>Turkeys used to wear booties to protect their feet during the walk to the market</p> 
<p>November is not National Turkey Lover's Month. June is</p> 	<p>Turkey was not served at the first Thanksgiving</p> 
<p>Only wild turkeys can fly</p> 	<p>The US President pardons a turkey every year</p> 
<p>Full grown turkeys have 2500 feathers</p> 	<p>The turkey pardoned in 2009 served as Grand Marshal of Disneyland's Thanksgiving Day parade</p> 

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Upcoming Events

Resident's Council Meeting

Tuesday, December 3, 2024
(Lounge – 10:30 am)

Monthly Birthday Celebration

Thursday, December 5, 2024
(Lounge – 2:00 pm)

Walmart Outing

Tuesday, December 10, 2024
(Departure – 10:30 am; Arriving – 2:00pm)

My Voice Meeting w/ Michelle

Thursday, December 12, 2024
(Dining Area – 10:30 am)

Family & Residents Christmas Dinner

Friday, December 13, 2024
(Lounge, 5:00 pm)

Brentwood Lunch Outing

Tuesday, December 17, 2024
(Departure – 10:30 am; Arriving – 2:00 pm)

Life Enrichment Committee Meeting

Wednesday, December 18, 2024
(Dining Area – 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, December 19, 2024
(Lounge, 10:30 am)

Residents Christmas Party

Friday, December 20, 2024
(Lounge, 5:00 pm)

Gingerbread Man Decoration

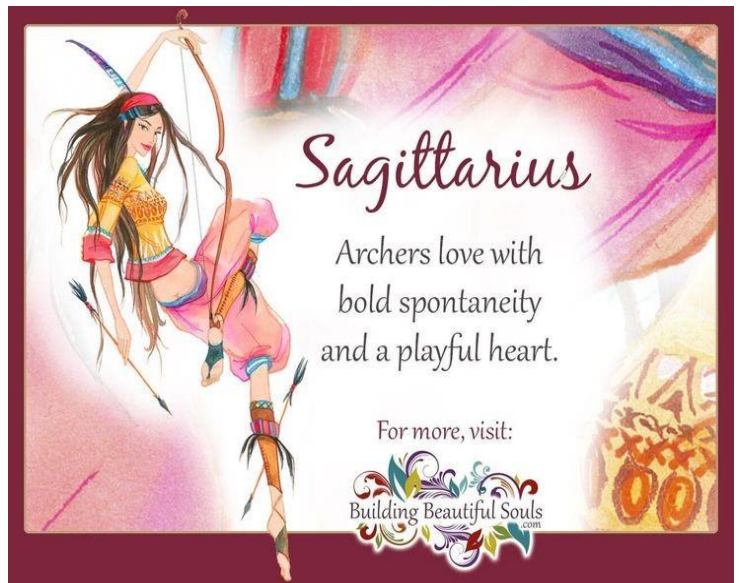
Tuesday, December 24, 2024
(Lounge – 1:30 pm)

CT Dining Committee Meeting

Friday, December 27, 2024
(Dining Area – 10:30 am)

Residents New Year's Eve Party

Tuesday, December 31, 2024
(Lounge, 5:00 pm)



Courtyard Business Corner

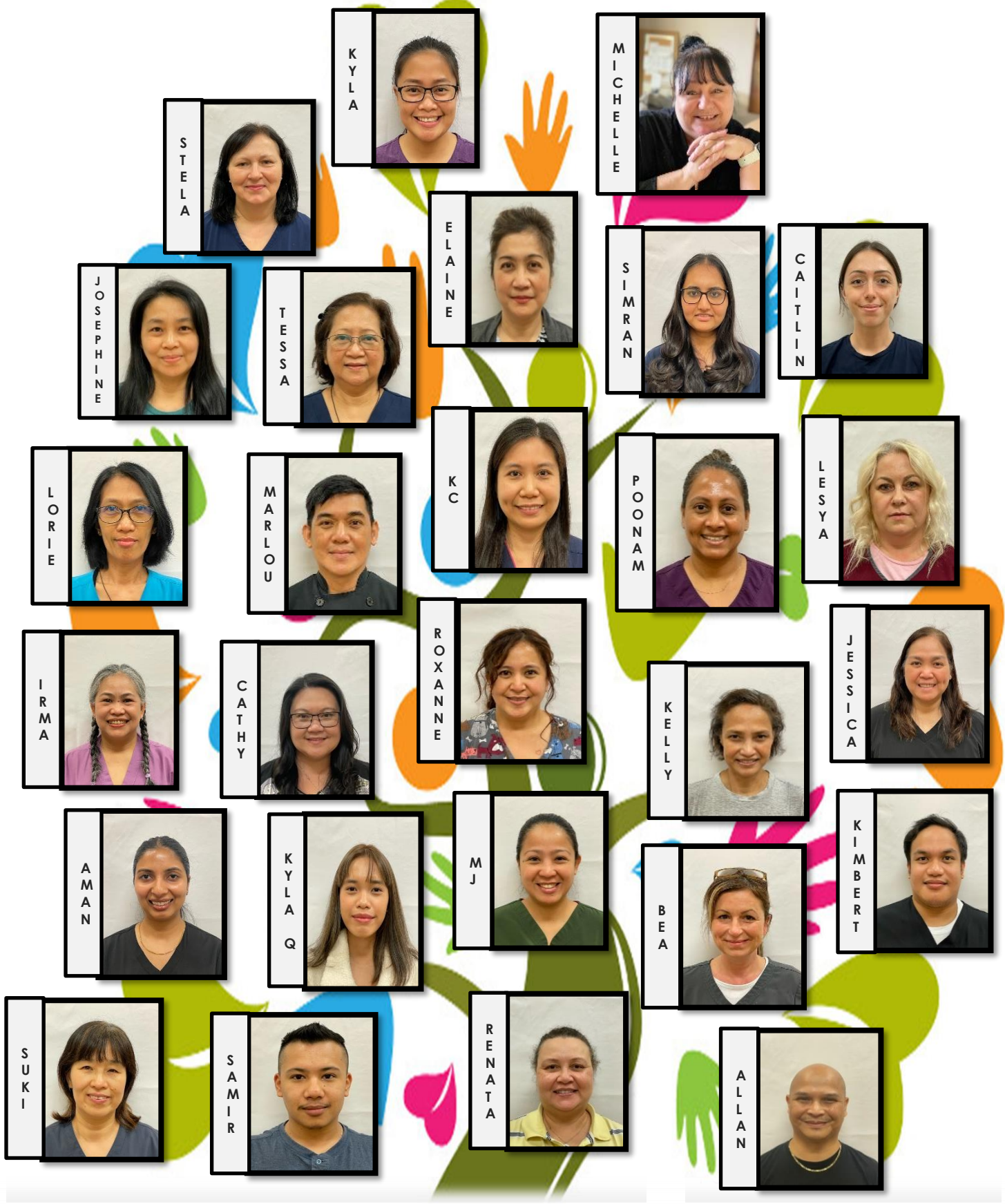
Request: Let's start to keep ourselves busy and enjoy the spring/summer seasons. If you have in mind to try something new this season, please feel free to go to the REC office and tell me what it is, and I will be delighted to hear your new ideas.

CT Store: Available between the hours **8:00 – 4:30 pm**. Rec and LPN on duty will be glad to assist you.

Items Available: Toothpaste, Kleenex, Bathroom Tissues, Soaps, Shampoo, Paper Towels, Lotion, Shampoo, Gums, Candies, Biscuits, Pops and Different Variety of Chips, Chocolates and etc....

Thank you and Always Stay Healthy with a SMILE 😊

MEET THE TEAM:



Staff Anniversary



No anniversaries

How to Reach Us

Michelle Bragg: 604 437 6262 ex 1
or MBragg@Simpeq.ca.

Cathy: 604 437 6262 ex 5 or
rec.ct@Simpeq.ca

Reception 604 437 6262 ex 2 or
ctreception@Simpeq.ca

Marlou: 604 437 6262 ex 3

Shout Outs

A big welcome to Nicole who has joined our team as an LPN.



Aman and Simran are both taking an extended vacation leave. We will miss them for a few months but will be excited when they return to us!



Staff Birthdays



Tessa 4th



Jessica 25th

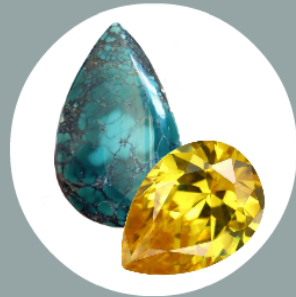


Stela 15th



DECEMBER BIRTHSTONE & ZODIAC SIGN

December TURQUOISE & ZIRCON



Wisdom, good fortune
and peacefulness.

Turquoise was believed to protect the horse rider from falls many centuries ago.



Zircon was worn to protect against disease, injury and insomnia.



Native Americans used Turquoise for many spiritual, religious and healing purposes.



Zircon gets its name from the Persian "Zar Gun" meaning "Gold Coloured". Blue Zircon is created through heat treatment.

Alyssum Jewellery

Sagittarius



November 23 - December 21

- Symbol: The Archer
- Element: Fire
- Ruling planet: Jupiter
- Qualities: Good-Humored, Positive, Free-spirited, Kind, Outgoing person, Truthful, Rational, Lively, Undemanding, Fervent, Alluring, Athletic, Logical, Benevolent & Nature-Loving
- About your love life: You are a wonderful kisser. You have an exceptional sex appeal and you are romantic at heart
- More compatible with: Gemini, Aries, Leo, Aquarius
- Less compatible with: Cancer, Taurus, Virgo, Capricorn
- Lucky color: Blue or Purple
- Lucky stone: Turquoise
- Lucky day: Thursday
- Lucky number: Five
- Lucky metal: Tin

www.wishafriend.com

BIRTHDAYS THIS MONTH

DECEMBER 2024



Li Chu – 5th



Sandra – 6th



Shamim – 7th



Hassanali – 12th



Janise – 19th



RESIDENTS CORNER

CT Library

From the Library....

Just so you know (and in case you or any family or friend may want to get involved), we are The Library Club, responsible for the maintenance and organization of the books on our shelves. Within The Library Club is the Book Club, who meets every week to listen to a new book, talk a bit afterward, and eat a yummy treat with coffee or tea.

Also within The Library Club is the Mobile Library. If you are not feeling up to going to the library, let a staff person know. The Library staff will bring some books to your room for you to choose from and enjoy.

And now, in the new year, The Library Club hopes to host readings by local authors, starting with our very own Jim Williams, reading from his book *The Haunting of the Wired Monk*.

And now The Library Club hopes to encourage some creative writing. **Check out the whiteboard on the right in the Library.** The is for you, Residents and Staff, to write down any short little thing—ANYTHING—that comes to your mind. After awhile we will collect all these thoughts into a book containing one big Courtyard Terrace Library Poem.

The Library Club holds within its bounds many exciting things! Want to get involved? Talk to Shea.

Happy Reading & Writing



Garden Club

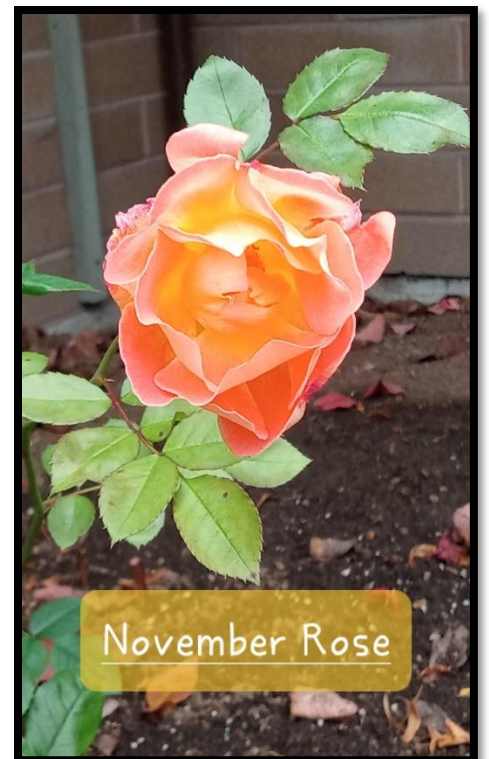
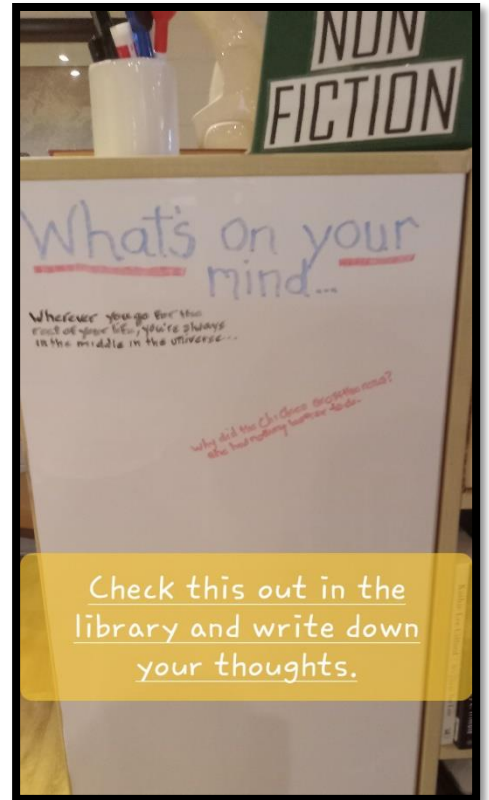
From the Garden...

November blossoms in the garden: roses and tea roses, hydrangea, daylilies, alyssum, red clover, and chrysanthemum, isotoma, scaevola, snapdragon, begonia, ganza daisy, viola, lobelia, clematis.

Thank you so much to the little elf who contributed all the lovely garden artifacts to the Dogwood Haven Garden and to the fairy garden. We have two fairy and gnome gardens—one in Serenity Garden and the other in Dogwood Haven—and you are most welcome to contribute a small item to either one.

Other than making sure that each plant will be ready for a cold snap and all the leaves are swept up, gardening has slowed. Time to drink another cup of coffee and enjoy the quiet of winter.

Happy Hibernation!



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in November with no actionable items:

- Declutter Audit
- Donning and Doffing
- Soiled Utility Audit
- Weekly Housekeeping Audit
- Safety and Sanitation Audit
- Communication Audit
- Meal Care Audit
- Kitchen Cleanliness Audit
- Hand Hygiene Audit
- Environmental Marker Audit

Copies of the Audit will be placed on the What We Are Up To Quality Board located in the east hallway by the entrance to the dining room.

Department Updates

Our new generator is in the process of being installed. The new generator will allow us have emergency lighting in the kitchen, emergency plugs in the hallways and emergency lighting in the hallway to downstairs.

Policy Updates

We are continuing to transition Courtyard Terrace to Park Place Seniors Living policies and procedures.

Our new Fire Safety Plan has been created and submitted to the Burnaby Fire Department for review. Once finalized, it will be implemented.

There should be no impact or changes for our residents. Our staff will be required to read and be familiar with the new Fire Safety Plan.



OUR FOUR STRATEGIC IMPERATIVES

1. Quality & Safety

1. Site Leadership and Interdisciplinary Team will ensure that Residents and/or families participate in the standing committees.
2. Site Leader will conduct frequent auditing of BPMH, Independent Double Checks and narcotic management policies/processes and Do Not Use Abbreviations to ensure all staff are aware and understand what is expected.

2. Sustainability & Innovation

1. Maintenance Care will be fully implemented and utilized by staff.

3. Great Work Places

1. Site Leaders to facilitate participation of staff in PIECES education

We are working on these goals for the month of December.

4. Industrial Leadership

1. All Site Leaders will be involved in developing a marketing strategy for their homes
2. All Site Leaders will focus on improving their satisfaction rating

Do you think we are doing a great job? Why not leave us a Google review. QR codes available at reception.



Share our new video with your family and friends.

<https://www.parkplaceseniorsliving.com/find-a-location/british-columbia/lower-mainland/courtyard-terrace/>

HOW TO GET INVOLVED

There are some great options to stay informed and engaged with us.

1. **Talk with the staff on-shift about how your loved one is doing** and update them on changes you see.
2. **Join or attend a committee or council meeting.** Please come and join us.
3. Get involved in **quality improvement initiatives** that matter to you. Talk to staff about areas you would like to be involved in.
4. **Provide recreation ideas** that your family would enjoy! Email Cathy at rec.ct@Simpeq.ca
5. **Volunteer.** Your help matters and is always truly appreciated!
6. **Submit your ideas and suggestions** on forms available on reception. We welcome your ideas and suggestions and will review at each My Voice meeting going forward for action planning.

Our Values

Together we **STRIVE** for Excellence

S

Safety &
Quality

By providing safe and healthy environments where care and service is effective, efficient and person-centered with a focus on continuous quality improvement.

T

Teamwork &
Partnerships

By supporting and committing to each other to create a connected culture that brings out the best in everyone while achieving common goals.

R

Responsibility
& Stewardship

By doing our best work, seeking help when needed and ensuring we are good stewards of the organization resources to ensure a sustainable future.

I

Innovation &
Creativity

By creating opportunities for open conversations that encourages innovation and the sharing or creating ideas to enrich lives.

V

Voices that
are Respected

By placing our residents and families at the center of all we do by listening, respecting and responding to their needs, values and preferences.

E

Empathy &
Trust

By fostering trusting relationships through welcoming diversity, practicing acceptance and seeking to understand the experience and feelings of others.

Park Place Seniors Living

www.parkplaceseniorsliving.com

Phone: (604) 266-1436

1656 W 75th Ave, Vancouver, BC V6P 6G2

Monthly Meetings

The Resident Council meets on the first Tuesday of every month at 10:30am in the dining room.

The My Voice Meeting is held on the second Thursday of the month at 10:30am in the dining room.

The Courtyard Terrace Dining Committee meeting are held on the last Friday of the month at 10:30am in the dining room.

Life Enrichment Committee meeting is held on the third Wednesday of the month at 10:30am in the dining room.

Useful Numbers

Foot Care: Sole Provider Foot Care
Tyffany 604 341 7087

Meet your Resident Council



Co-chair Shea

Meet your Resident Council



Co-chair Maureen