



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>January Calendar</h1> <h2>Courtyard Terrace</h2>			1 No Activity  Happy New Year! 7	2 Daily Horoscope 9:30 Musical Exercise 10:00 Board Games 10:30 Arts & Craft 1:30 8	3 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sing Language Class 10:30 Bingo 1:30 9	4 Board Games (All DAY) CT Book Club Time 10:30 10
5 Free Day 😊 11	6 Daily Horoscope 9:30 NO Musical Exercises 10:00 Board Games 10:30 Bingo 1:30 12	7 Daily Horoscope 9:30 NO Musical Exercise 10:00 Residents Council Meeting 10:30 Arts & Craft 1:30 1	8 Daily Horoscope 9:30 NO Musical Exercise 10:00 Board Games 10:30 Bingo 1:30 2	9 Daily Horoscope 9:30 NO Musical Exercise 10:00 My Voice Meeting 10:30 Arts & Craft 1:30 3	10 Daily Horoscope 9:30 Board Games 10:00 Sing Language Class 10:30 Bingo 1:30 4	11 Board Games (All DAY) CT Book Club Time 10:30 5
12 Hymn Sing with Grace 😊 6	13 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 7	14 Daily Horoscope 9:30 Musical Exercise 10:00 Board Games 10:30 Arts & Craft 1:30 8	15 Daily Horoscope 9:30 Musical Exercise 10:00 Life Enrichment Meeting 10:30 Bingo 1:30 9	16 Daily Horoscope 9:30 Musical Exercise 10:00 CT Holy Mass by Fr. Joseph 10:30 Happy Hour 2:00 10	17 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sing Language Class 10:30 Bingo 1:30 11	18 Board Games (All DAY) CT Book Club Time 10:30 12
19 Free Day 😊 1	20 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 2	21 Daily Horoscope 9:30 Musical Exercise 10:00 Lunch Outing 10:30 Painting Nails 1:30 3	22 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 4	23 Daily Horoscope 9:30 Musical Exercise 10:00 Preparation for the Party 10:30 Monthly Birthday Celebration 2:00 5	24 Daily Horoscope 9:30 Dining Committee Meeting 10:30 Sing Language Class 11:00 Bingo 1:30 6	25 Board Games (All DAY) CT Book Club Time 10:30 7
26 Hymn Sing with Grace 😊 8	27 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 9	28 Daily Horoscope 9:30 Musical Exercise 10:00 Walmart Outing 10:30 Movie and Popcorn Day 1:30 10	29 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30 11	30 Daily Horoscope 9:30 Musical Exercise 10:00 Board Games 10:30 Happy Hour Day 2:00 12	31 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sing Language Class 10:30 Bingo 1:30 1	

JANUARY 2025



Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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

Dear Resident, Family and Staff,

Welcome to 2025! I look forward to a year full of growth, change and progress. There are many exciting innovations on the horizon in healthcare, specifically Assisted Living.

In this Newsletter

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

NOTEWORTHY

Park Place is looking for a resident or family representative for the Pharmacy and Therapeutics Committee (P&T).

What does it entail?

- Meetings are held four times a year virtually
- During the meetings policies, procedures and best practises are reviewed, updated and changed as needed.
- No prior pharmacy / medication knowledge is required

If you are interested in volunteering for the committee, please speak with Michelle.

IMPORTANT DATES

DATE – January 1, 2025

New Year's Day

DATE – January 9, 2025

My Voice Meeting

DATE – January 15, 2025

Life Enrichment Meeting

DATE – January 23, 2025

Monthly Birthday Celebration

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

DECEMBER 2024 Happenings at Courtyard Terrace

Christmas Party with Santa



DID YOU KNOW...



Wishing you
12 months of success,
52 weeks of laughter,
365 days of fun,
8760 hours of joy,
525600 minutes of
good luck and
31536000 seconds of
happiness.
Happy New Year!

NEW YEARS FUN FACTS

- Americans drink 360 million glasses of champagne on NYE
- New Years Eve is December 31
- New Years Day is January 1
- Eating Black Eyed Peas on New Years Day is Good Luck
- The Tournament of Roses Parade has run since 1890.
- In Mt. Olive, North Carolina they watch a 3-foot pickle drop
- Kiss someone at midnight and you will have love over the next 12 mos
- Eat 12 Grapes at Midnight for Good Luck
- Throwing a bucket of water out the window will drive away evil spirits
- Lobster & Chicken are considered Bad Luck to be eaten on New Years
- Over 1 Million People are at the ball drop in Time Square
- The color of your undies could bring you good things that next year
- Open Windows & Doors to let out the old

MADEWITHHAPPY.COM

Upcoming Events

New Years Day

Wednesday, January 1, 2025
(Enjoy your day 😊)

Resident's Council Meeting

Tuesday, January 7, 2025
(Lounge – 10:30 am)

My Voice Meeting w/ Michelle

Thursday, January 9, 2025
(Dining Area – 10:30 am)

Life Enrichment Committee Meeting

Wednesday, January 15, 2025
(Dining Area – 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, January 16, 2025
(Lounge, 10:30 am)

Lunch Outing

Tuesday, January 21, 2025
(Departure 10:30am – Arrival 2:00 pm)

Monthly Birthday Celebration

Thursday, January 23, 2025
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, January 24, 2025
(Dining Area – 10:30 am)

Walmart Outing

Tuesday, January 28, 2025
(Departure 10:30am – Arrival 2:00 pm)



Snow Goose Birth Totem

Northern Hemisphere: Dec 22 - Jan 19
Southern Hemisphere: Jun 21 - Jul 21
Direction: North
Element: Earth
Stone: Quartz

«» —♦♦♦—♦♦♦—«»

Snow Goose people are seekers of spiritual enlightenment at the highest levels.

Though stoic, Snow Goose's love belongs to no other than a true twin flame.

On this turn of the Medicine Wheel Snow Goose's lesson is to trust that flying outside the formation is OK. For more visit

WHAT IS MY SPIRIT ANIMAL.COM

Courtyard Business Corner

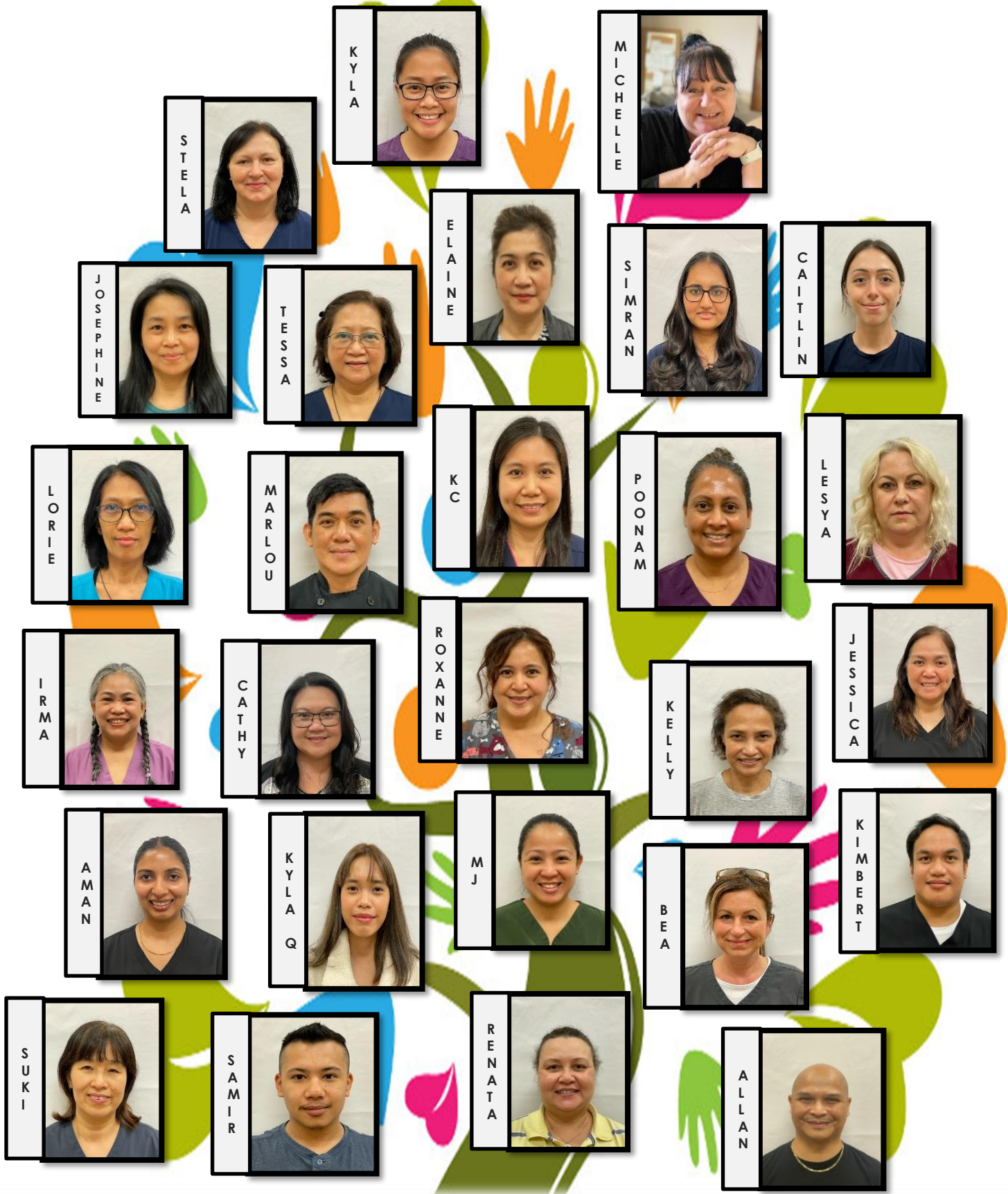
Request: Let's start to keep ourselves busy and enjoy the spring/summer seasons. If you have in mind to try something new this season, please feel free to go the REC office and tell me what is it, and I will be delighted to hear your new ideas.

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:





4 years



Staff Birthdays



Cathy 7th



MJ 25th



Irma 23rd



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 thank you to Roxanne for making our staff party Christmas party action packed.

The assortment of games was very fun!



Also, special thank you to Roxanne for Santa!



JANUARY BIRTHSTONE & ZODIAC SIGN



GARNET

CAPRICORN

This stone represents
Faith, Love and Constancy.
Garnet may provide directional
guidance in the darkness,
making it ideal for frequent
travellers.



BIRTHDAYS THIS MONTH

JANUARY 2025



Firoz - 14th



January

BIRTH FLOWER
CHARACTERISTICS

light red - admiration
dark red - deep love
white - innocence, pure love
pink - affection, a mother's love



CARNATION

RESIDENTS CORNER


CT Library

From the Library....

The Book Club will be starting on a new book, *The Story of My Life* by Helen Keller. It is a touching autobiography that tells the story of a young, deaf-blind girl who overcomes incredible challenges and becomes an inspiration to millions.

It is a brand new year, and once again, it is a good time to check through all your books for any Library books you have finished reading. Just return them to the Library basket at the back wall.

This tends to be the time of year for sniffles and the flu! So if you are stuck in your room and fancy a book to read, just call on the Mobile Library. Let a staff person know and a Library member will bring a selection of books from which to choose.

Happy Reading 

Garden Club


From the Garden...

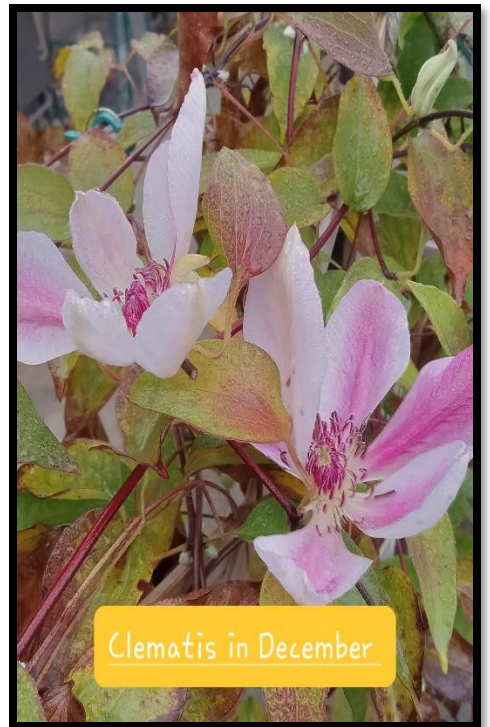
No sooner had all the flowers—except Evgenia’s yellow chrysanthemums—gone, then just above the earth sprouted bulbs of daffodils, bluebells, and grape hyacinths. We hope that the first few months of the year will not get cold enough to discourage them.

When the rain allows, we will be mixing in a coffee and tea grounds at the foot of the rhododendrons in the Serenity Garden. Their roots are very close to the surface, so we do not have to dig down deep. We just have to make sure the grounds are properly mixed in with the dirt.

We also have to prune the tea roses in Serenity Garden and cover them in case of frost.

Just a reminder that we have two fairy and gnome gardens. You are welcome to add any small thing you desire.

Happy Gardening! 



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in December 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.

Policy Updates

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

We are still waiting for the final approval from the Burnaby Fire Department regarding our newly revised Fire Safety Plan.

Department Updates

The new generator has arrived and is expected to be installed mid January.



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 January.

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