

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>March 2025</h1> <p>Cartier House Care Centre.</p>						11:00 Music & Movement 1F 2:00 Armchair Travel 2F 4:00 Room Visits 6:00 Hand Massages 3F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2:00 Adult Coloring 3F 3:30 Room Visits	9:45 Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Muscles in Motion 1F 1:30 BINGO CLUB 3F 3:00 Snoezelen Therapy 6:00 Table Games 1F	9:30 Music & Movement 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Mardi Gras Party w/ Richard Stepp 2F 3:00 Pet Therapy 6:00 Room Visits	9:30 Balloon Toss 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Adult Coloring 1F 3:00 Trivia 2F 6:00 Snoezelen Therapy 3F	10:00 Church Service 2F 11:00 Exercise 3F 2:00 Active Games 1F 3:00 Table Games 2F 6:00 Room Visits	11:00 Exercise 2F 2:00 Arts & Crafts 3F 3:30 Trivia 1F 6:00 Snoezelen Therapy	11:00 Music & Movement 3F 2:00 Armchair Travel 1F 4:00 Room Visits 6:00 Hand Massages 2F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 3F 2:00 Hot Chocolate Cart 3:30 Room Visits <small>Daylight Saving Time Begins</small>	9:45 Exercise 1F 10:30 Hand Therapy w/ Laura 3F 11:00 Muscles in Motion 2F 1:30 BINGO CLUB 3F 3:00 Snoezelen Therapy 6:00 Table Games 1F	9:30 Music & Movement 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Pet Therapy 3:00 Ladies Club 2F 6:00 Room Visits	9:30 Balloon Toss 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Entertainment w/ Richard Stepp 1F 3:00 Trivia 3F 6:00 Snoezelen Therapy 2F	9:45 Exercise 1F 11:00 Exercise 3F 2:00 Active Games 2F 3:00 Table Games 1F 6:00 Room Visits <small>Purim Begins</small>	11:00 Exercise 3F 2:00 Arts & Crafts 1F 3:30 Trivia 2F 6:00 Snoezelen Therapy	11:00 Music & Movement 2F 2:00 Armchair Travel 3F 4:00 Room Visits 6:00 Hand Massages 1F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 MENS CLUB 2F 3:30 Room Visits	9:45 Exercise 3F 10:30 Hand Therapy w/ Laura 3F 11:00 Muscles in Motion 1F 2:00 St. Patrick's Day Party w/ Jared 2F 3:00 Snoezelen Therapy 1F <small>St. Patrick's Day</small>	9:30 Music & Movement 1F 10:45 Exercise 3F 11:00 Exercise 2F 2:00 Pet Therapy 3:00 Movie Matinee 1F 6:00 Room Visits	9:30 Balloon Toss 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Adult Coloring 1F 3:00 Trivia 2F 6:00 Snoezelen Therapy 3F	9:45 Exercise 3F 11:00 Exercise 2F Decorating for St. Patricks Day 6:00 Room Visits <small>Spring Begins</small>	11:00 Exercise 1F 2:00 Arts & Crafts 2F 3:30 Trivia 3F 6:00 Snoezelen Therapy	11:00 Music & Movement 1F 2:00 Armchair Travel 2F 4:00 Room Visits 6:00 Hand Massages 3F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 3F 2:00 Hot Chocolate Cart 3:30 Room Visits	9:45 Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Muscles in Motion 1F 1:30 BINGO CLUB 3F 3:00 Snoezelen Therapy 6:00 Table Games 2F	9:30 Music & Movement 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Pet Therapy 3:00 Karaoke 3F 6:00 Room Visits	9:30 Balloon Toss 1F 10:45 Exercise 2F 11:00 Exercise 3F 2:00 Adult Coloring 1F 3:00 Trivia 2F 6:00 Snoezelen Therapy 3F	9:45 Exercise 1F 11:00 Exercise 2F 2:00 BINGO CLUB 3:00 Table Games 2F 6:00 Room Visits	11:00 Exercise 2F 2:00 Arts & Crafts 3F 3:30 Trivia 1F 6:00 Snoezelen Therapy	11:00 Music & Movement 1F 2:00 Entertainment w/ Brian Zalo 3F 4:00 Room Visits 6:00 Hand Massages 2F
9:30 Virtual Church Service 1F 10:45 Virtual Church Service 2F 2:00 Adult Coloring 2F 3:30 Room Visits	9:45 Exercise 2F 10:30 Hand Therapy w/ Laura 3F 11:00 Muscles in Motion 1F 1:30 BINGO CLUB 3F 3:00 Snoezelen Therapy 6:00 Table Games 2F	 <p><i>"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."</i></p> <p>— Charles Dickens, Great Expectations</p>				

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

March

2025

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



March

UPCOMING EVENTS



MARDI GRAS PARTY

TUES, MARCH 4

🕒 2:00 PM | 2ND FLOOR

SEE YOU THERE!

A poster for live music entertainment featuring a teal musical note, abstract orange and pink shapes, and a grid of dots.

LIVE MUSIC ENTERTAINMENT

WED, MARCH 12 | 2 PM
FIRST FLOOR

OUR SPECIAL GUEST
RICHARD STEPP

COME AND JOIN US!

CARTIER HOUSE

A poster for Saint Patrick's Day with a green shamrock border, gold coins, and the text 'SHAKE YOUR Shamrocks!'.

SHAKE YOUR Shamrocks!

TUESDAY, MARCH 17

SAINT PATRICK'S DAY PARTY

2:00 PM
2ND FLOOR

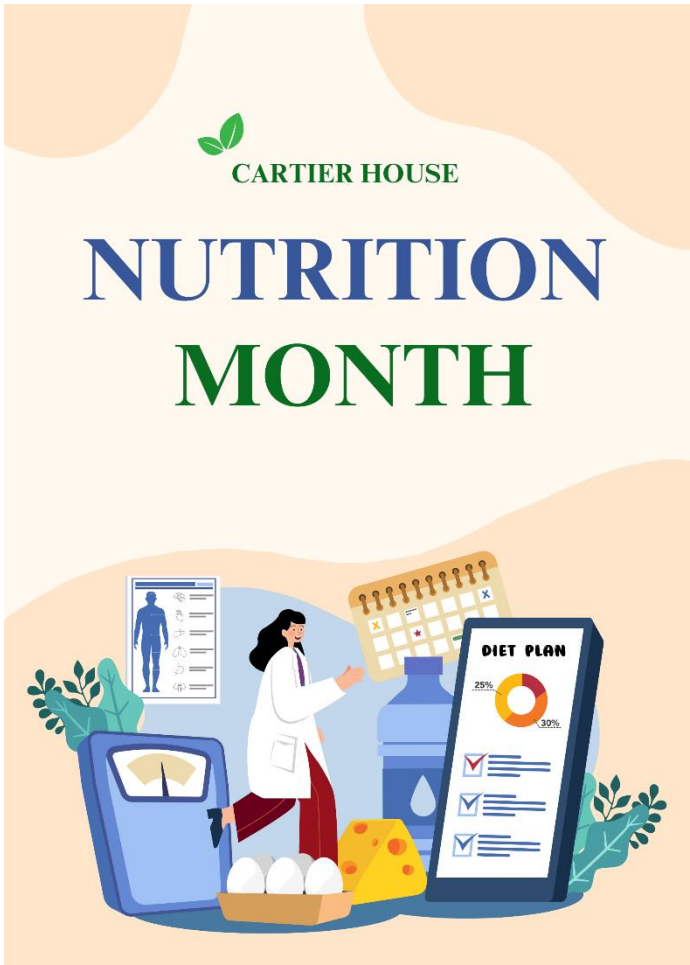
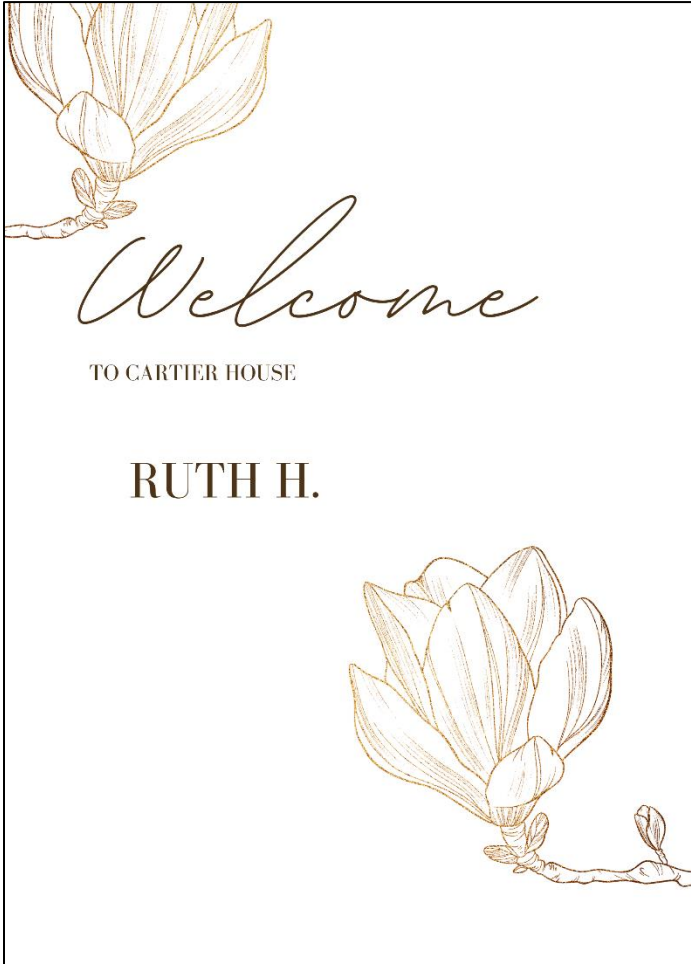
MAY YOU FIND THE POT OF GOLD
AT THE END OF THE RAINBOW

A poster for entertainment featuring a large treble clef, musical notes, and abstract shapes.

ENTERTAINMENT

DATE: Sat, March 29
TIME: 2:00 PM
WHERE: 3rd Floor

MARCH POSTERS CONTINUED



BROCHURES & CODE OF THE MONTH

Swallowing Difficulties	Hydration	Appetite Changes	A Good Night's Sleep
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Swallowing Difficulties



Hydration

Drinking Fluids is Important



Why has My Loved One's Appetite Changed?



Getting a Good Night's Sleep



HOW TO GET A GOOD NIGHT'S SLEEP

MARCH 19 IS WORLD SLEEP DAY. FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.

EXERCISE

A brisk walk every day will not only keep you fit, but will also keep you sleeping better. Keep an eye on the timing of your workouts. Exercise too close to bedtime can be stimulating.



EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.



KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.





EMERGENCY RESPONSE CODE ORANGE: MASS CASUALTY INCIDENT

EMERGENCY RESPONSE CODE FOR MARCH CODE ORANGE – MASS CASUALTY

What does it mean?
CODE ORANGE is the designated phrase to alert staff that a **Mass Casualty Incident** has occurred in or surrounding your community area and your Home has been requested to receive and care for stable Residents/ patients/ clients from another facility.

Code Orange may be activated for your Home when there is a confirmed incident and your Site Leader or Incident Management System Lead n has been asked by the Emergency Response Commander to accommodate people from another facility, so that the Hospital site can prepare for or respond to the anticipated casualty volumes which are likely to exceed the Hospital's available bed capacity and resources. This type of situation may require Multi-Site responses.

- CODE ORANGE** may be activated when there is:
- A mass casualty accident that results in acutely injured people (example might include a large highway bus accident) or an incident which has the potential to overwhelm community services (example might include a large fire)
 - The Site Leader or Incident Management System Lead will be notified by the Emergency Response Commander or designate to find out if your Home can take people from another facility
 - The Site Leader or Incident Management System Lead will announce Code Orange. This means you need to prepare for admissions of Residents/ patients/ clients into empty beds
 - All departments should free up or call-in staff to prepare the Home for an influx of temporary stable Residents/ patients/ clients

- What do I do?**
- Your Site's role and response to a Code Orange declaration will vary, depending on the support needed, and the scale of the incident.
 - The goal of Code Orange is to safely manage a surge of Residents, patients, or clients into your Home Site.



- Learn more about CODE ORANGE**
- Refer to the Park Place Seniors Living Emergency Preparedness & Response Manual
 - Review the Park Place Code Orange Response Procedures Tab 14

Dear Residents, Families and Staff

As we welcome the month of March, we have the opportunity to celebrate several important occasions. This month, we honor the dedicated individuals and groups who make a significant impact on the well-being of our care community. March brings with it National Social Work Month, Nutrition Month, Dietitian Month, and International Women's Month. Let's take a moment to acknowledge the work and achievements of those who contribute so much to our home.

To Jean, our Social Worker, we would like to extend our heartfelt appreciation for your continued commitment to Cartier House. Your compassion, dedication and expertise play an essential role in enhancing the lives of our Residents and families. Your provide emotional support, advocate for Residents' Rights, and help families navigate challenges with professionalism and kindness.

March is also a time to shine a spotlight on the crucial role that Dietitians and Nutrition Professionals play in our health and well-being. Good nutrition is the foundation of good health, and our Dietitian and Food Service Team led by Ishnit FSM ensure that Residents receive meals that are not only delicious but also tailored to their individual needs. We will be celebrating with special meals, nutrition education sessions and tips for maintaining a healthy lifestyle. Our appreciation goes to Sabrina, our Dietitian and our Food Service Team for their invaluable contribution to our food and nutrition.

International Women's Month is a time to recognize and celebrate the accomplishments women around the world. We honor the strength, resilience, and achievements of the women in our care community- whether they are Residents, family members, or staff. This month, we reflect on the contributions women have made throughout history and continue to make every day. We will be holding a special event in celebration of Women's achievements, and we encourage everyone to participate and share their stories.

As always , we appreciate the continuous support from our families and staff in making Cartier House a warm and thriving environments for all. Let's come together to celebrate these important observances and continue to build a community of respect, care and support.

Let's continue to enrich lives of the Residents we serve and care.

Kind Regards,
Carol.

FEBRUARY PROGRAM HIGHLIGHTS



MARCH FUN CORNER!

March 2025

THE MONTHLY GAZETTE

*"March brings breezes loud and shrill,
stirs the dancing daffodil."*

~ Sara Coleridge



Plant of the Month – Peace Lily

Peace lilies are a popular, low-maintenance houseplant that typically bloom in the spring and sometimes in the fall. This lovely decorative indoor plant wows with its snowy white petals and bright green leaves. Despite its name, the peace lily is not a true lily. Instead, it is part of the Araceae family, which also includes calla lilies. In addition to their beauty, peace lilies function as natural air purifiers, absorbing toxic substances from the air like carbon monoxide and formaldehyde. They can also absorb some excess air moisture, which may contribute to reducing



mold. Adaptable and hardy, the peace lily thrives in low light and requires watering when the soil feels dry. Its blooms symbolize peace, solace, and remembrance and are often given to people in times of struggle or grief. Due to its tranquil, calming qualities, placing a peace lily in your bedroom can create a restful environment.

Special Days

Mardi Gras/Shrove
Tuesday
March 4

Ash Wednesday
March 5

Daylight Saving
Time Begins
March 9

Purim Begins at Sunset
March 13

St. Patrick's Day
March 17

Doctors' Day
March 30

Flower – Daffodil



March's flower is the daffodil, also known as the jonquil or narcissus. In the language of flowers, giving jonquils signals a desire for affection to be returned. However, if you give daffodils as a gift, make sure to give a full bouquet. A single daffodil is said to bring the recipient bad luck and make them narcissistic. Also, according to superstition, a bride should not carry yellow daffodils, as they will cause her to become vain (although white daffodils are acceptable, apparently).

Birthstone – Aquamarine



As its name might suggest, March's stunning blue birthstone is inherently associated with water. *Aquamarine* comes from the Latin words for "sea" and "water," and indeed, its calming, light-blue shades remind us of the cool, refreshing, melodic waters of the ocean. Aquamarine is believed to absorb the energy of young love, so grooms would often give an aquamarine to their brides as a wedding gift. The gemstone for the 19th wedding anniversary, aquamarine is also said to reawaken the love of married couples.



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

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:

Recreation Department

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