

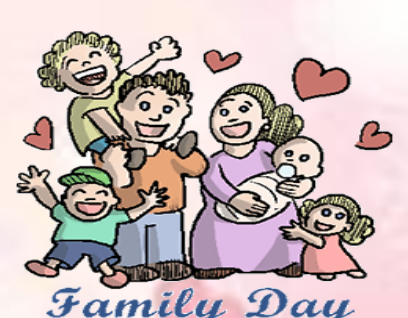




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FEBRUARY CALENDAR COURTYARD TERRACE				 <i>Family Day</i>	1 Scavenger Hunt (All DAY) CT Book Club Time 10:30
2 Free Day 😊	3 Daily Horoscope 9:30 Musical Exercises 10:00 Trivia 10:30 Bingo 1:30	4 Daily Horoscope 9:30 Musical Exercise 10:00 Residents Council Meeting 10:30 Board Games 1:30	5 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30	6 Daily Horoscope 9:30 Musical Exercise 10:00 Arts & Craft 10:30 Board Games 1:30	7 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sign Language Class 10:30 Bingo 1:30	8 Scavenger Hunt (All DAY) CT Book Club Time 10:30
9 Free Day 😊	10 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30	11 Daily Horoscope 9:30 Musical Exercise 9:45 Walmart Outing 10:30 Board Games 1:30	12 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30	13 Daily Horoscope 9:30 Musical Exercise 10:00 My Voice Meeting 10:30 Happy Hour 2:00	14 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sign Language Class 10:30 Bingo 1:30	15 Scavenger Hunt (All DAY) CT Book Club Time 10:30
16 Free Day 😊	17 NO Activity  HAPPY FAMILIES Day	18 Daily Horoscope 9:30 Musical Exercise 9:45 Lunch Outing 10:30 Painting Nails 1:30	19 Daily Horoscope 9:30 Musical Exercise 10:00 Life Enrichment Meeting 10:30 Bingo 1:30	20 Daily Horoscope 9:30 Musical Exercise 10:00 CT Holy Mass by Fr. Joseph 10:30 Board Games 1:30	21 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Sign Language Class 10:30 Author Reading Series 1:30	22 Scavenger Hunt (All DAY) CT Book Club Time 10:30
23 Free Day 😊	24 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo 1:30	25 Daily Horoscope 9:30 Musical Exercise 9:45 Walmart Outing 10:30 Movie and Popcorn Day 1:30	26 Daily Horoscope 9:30 Musical Exercise 10:00 Trivia 10:30 Bingo Happy Hour 1:30	27 Daily Horoscope 9:30 Musical Exercise 10:00 Preparation for the Party 10:30 Monthly Birthday Celebration 2:00	28 Daily Horoscope 9:30 One on One by Cathy 😊 10:00 Dinning Committee Meeting 10:30 Bingo 1:30	

FEBRUARY 2025

Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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



IMPORTANT DATES

DATE – February 13, 2025

My Voice Meeting

DATE – February 14, 2025

Valentine's Day

DATE – February 17, 2025

Family Day

DATE – February 27, 2025

Monthly Birthday Celebration

Dear Resident, Family and Staff,

Effective February 9 2025, there will now be two staff members working on night shift.

The addition of the new staff member will lead to changes in the evening / night staff shift rotation. They will now be working 2 afternoon shifts, 2 night shifts, 2 days off.

In this Newsletter

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

NEW AND NOTEWORTHY

Our Burke St Bistro continues to evolve as we strive to meet the requests of all our resident. Starting in February we will be implementing the following:

- **Lunch Lottery** – (Second Friday of the month) during the Dining Committee Meeting, staff will draw a resident's name and that resident will get to pick the menu for either lunch or dinner. Every resident's name will be entered into this draw.
- **Second Chance Lunch Lottery** – (Fourth Friday of the month) during the Dining Committee Meeting, we will put the names of everyone in attendance into the draw. The person whose name is drawn will get to pick the menu for either lunch or dinner. Only residents who attend the meeting will be entered into this draw.

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

JANUARY 2025 Happenings at Courtyard Terrace

Denny's Restaurant Lunch outing



Monthly Birthday Celebration



DID YOU KNOW...



Happy Valentine's Day

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VALENTINE'S DAY THROUGHOUT THE CENTURY

Taking you to the Valentine's time machine

200-300 AD

Valentine, a Christian priest, was executed by the Romans. He was martyred and buried at a cemetery on the Via Flaminia close to the Ponte Milvio to the north of Rome.

19th CENTURY

Valentine's Day greeting cards are mass-produced. In Europe, Saint Valentine's keys were given to lovers and children in order to ward off epilepsy.

14th CENTURY

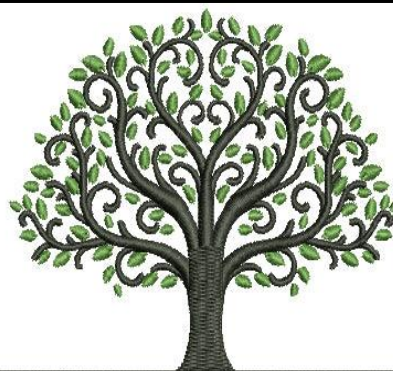
Geoffrey Chaucer popularized Valentine's Day through his works and literary circles. A tradition of courtly love and romance was emphasized, celebrated, and flourished. Later on, February 14 was associated with these traits.

21st CENTURY

At present, Valentine's Day is a full-blown, commercial, cultural, and religious day that people participate in all over the world. Every year, an average of \$18,500,000 is spent on this day.

18th CENTURY

Valentine's Day is celebrated regularly with several popular gestures like giving flowers, offering sweets, and hand-written greeting cards. Heart-shaped outlines, doves, and Cupid are symbols of Valentine's Day.



FAMILY

LIKE BRANCHES

ON A TREE



WE ALL GROW

IN DIFFERENT DIRECTIONS,

BUT OUR ROOTS

REMAIN AS ONE.

Upcoming Events

Resident's Council Meeting

Tuesday, February 4, 2025
(Lounge - 10:30 am)

Chinese New Year

Monday, February 10, 2025
(Enjoy your day 😊)

Walmart Outing

Tuesday, February 11, 2025
(Departure 10:30am - Arrival 2:00 pm)

My Voice Meeting w/ Michelle

Thursday, February 13, 2025
(Dining Area - 10:30 am)

Family Day

Monday, February 17, 2025
(Enjoy your day 😊)

Lunch Outing

Tuesday, February 18, 2025
(Departure 10:30am - Arrival 2:00 pm)

Life Enrichment Committee Meeting

Wednesday, February 19, 2025
(Dining Area - 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, February 27, 2025
(Lounge, 10:30 am)

Author Reading Series

Thursday, February 21, 2025
(Lounge, 1:30 pm)

Walmart Outing

Tuesday, February 25, 2025
(Departure 10:30am - Arrival 2:00 pm)

Monthly Birthday Celebration

Thursday, February 27, 2025
(Lounge - 2:00 pm)

CT Dining Committee Meeting

Friday, February 28, 2025
(Dining Area - 10:30 am)

Aquarius

Spirit Animal: Fox



Aquarius are very elegant & charming. It's true- "Whether you love them or hate them, you can't ignore them." Just like a Fox, Aquarius have amazing intuition. Not only can they sense social situation well, they choose what they say and when to say it with great care. They never just blurt out what they are thinking except when they are around those they trust completely.

@horoscopeoftoday

Courtyard Business Corner

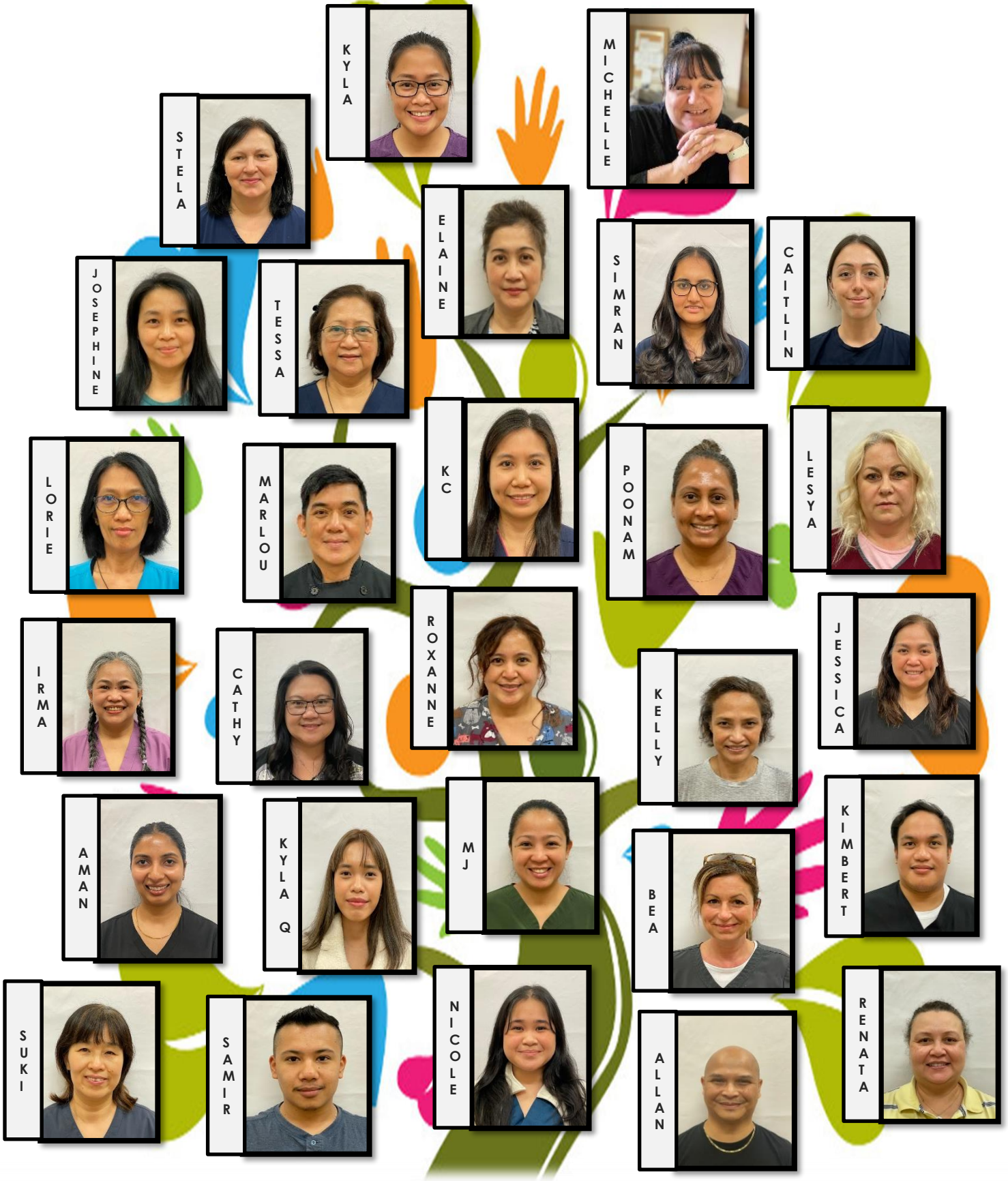
Request: Let's start to keep ourselves busy and enjoy the spring/summer seasons. If you have in mind to try something new this season, please feel free to go the REC office and tell me what is it, and I will be delighted to hear your new ideas.

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:



Happy Anniversary



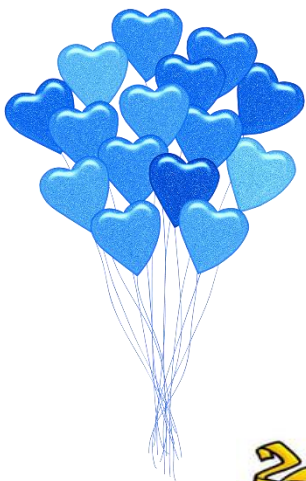
19 years



2 years

Staff Birthdays

HAPPY BIRTHDAY



Kimbert – 28th



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

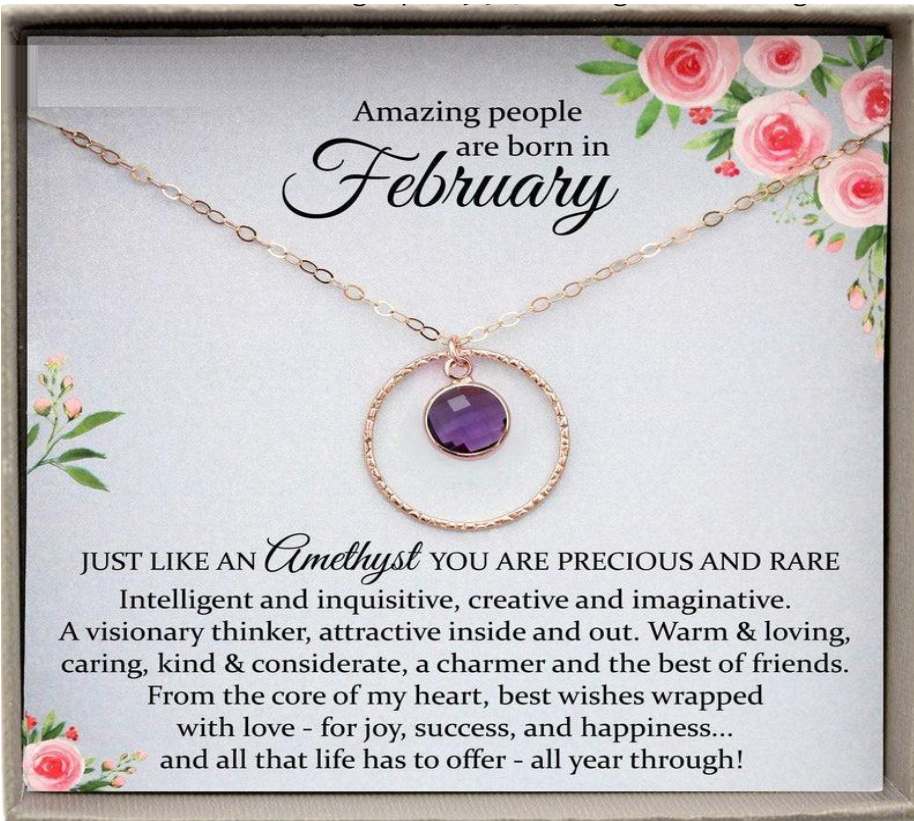
A big welcome back to Irma. Who will be joining us full time in the newly created line.



A big thank you to Josephine who will also be joining us full time in a newly created line.



FEBRUARY BIRTHSTONE & ZODIAC SIGN



BIRTHDAYS THIS MONTH

FEBRUARY 2025



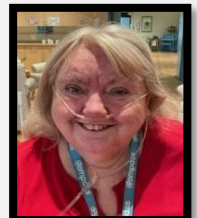
Sulva - 7th



Brenda - 12th



Brian S. - 17th



Cavell - 19th



Hung Kin - 20th



RESIDENTS CORNER

CT Library

From the Library....

Keep your eyes peeled! The Courtyard Library will soon be asking you to help organize books for the Garage Sale in the Spring. Don't worry; it is really not that hard, but it is a big help.

The Courtyard Library's Book Club is reading the biography of Helen Keller, *The Story of Me*. Helen was an incredible girl who was blind and deaf, and whose world came to life through the commitment of her family and her wonderful teacher Ann Sullivan. Join us Saturdays at 10:30 am.

Have things gone well for you today? Maybe you have stubbed your toe or saw the sun come up over our mountains. What do you think about it? What do you think about anything? Write it down on the Whiteboard in the Library.

Be on the lookout for our Readings by Local Authors program.

Happy Reading & Writing



Garden Club

From the Garden...

Small Piles of Straw
Blanket the Betony,
Warming Catmint,
Bee Balm, Viola—lie
In wait for winter thaw.

Little piles of straw everywhere keeping the precious new growth safe from frost and ice. Thank you Kimbert for the straw!

The Rhodos have been refreshed with coffee and tea grounds. The grounds itself under the Rhodos does not really frost over, so we have to make sure it does not dry out.

Out front Snowdrops abound and before you know it crocuses will show their pretty purple petals.

*To every season
turn, turn, turn.*

Happy Gardening!



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in January 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.

The Burnaby Fire Department has approved the new Fire Safety Plan.

We are waiting for it to be printed and delivered.

The new evacuation maps will be posted once they are received.

Department Updates

Our new generator has been installed. The Burnaby Fire Department was on site and signed off.



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 February.

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