




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h1>March Calendar</h1> <h2>Courtyard Terrace</h2>					<div>1</div> <div>Scavenger Hunt (All DAY)</div> <div>CT Book Club Time 10:30</div> <div>6</div>
<div>2</div> <div>Free Day 😊</div> <div>7</div>	<div>3</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercises 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>8</div>	<div>4</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Residents Council Meeting 10:30</div> <div>Board Games 1:30</div> <div>9</div>	<div>5</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Trivia 10:30</div> <div>Author Reading Series 1:30</div> <div>10</div>	<div>6</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Arts & Craft 10:30</div> <div>Board Games 1:30</div> <div>11</div>	<div>7</div> <div>Daily Horoscope 9:30</div> <div>One on One by Cathy 😊 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>12</div>	<div>8</div> <div>Scavenger Hunt (All DAY)</div> <div>CT Book Club Time 10:30</div> <div>1</div>
<div>9</div> <div>Hymn Sing with Grace 😊</div> <div>2</div>	<div>10</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Fraser Health Survey 10:30</div> <div>Bingo 2:00</div> <div>3</div>	<div>11</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 9:45</div> <div>Walmart Outing 10:30</div> <div>Board Games 1:30</div> <div>4</div>	<div>12</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>5</div>	<div>13</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>My Voice Meeting 10:30</div> <div>Happy Hour 1:30</div> <div>6</div>	<div>14</div> <div>Daily Horoscope 9:30</div> <div>One on One by Cathy 😊 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>7</div>	<div>15</div> <div>Scavenger Hunt (All DAY)</div> <div>CT Book Club Time 10:30</div> <div>8</div>
<div>16</div> <div>Free Day 😊</div> <div>9</div>	<div>17</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>10</div>	<div>18</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 9:45</div> <div>Casino Lunch Outing 10:30</div> <div>Painting Nails 1:30</div> <div>11</div>	<div>19</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Life Enrichment Meeting 10:30</div> <div>Bingo 1:30</div> <div>12</div>	<div>20</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>CT Holy Mass by Fr. Joseph 10:30</div> <div>Board Games 1:30</div> <div>1</div>	<div>21</div> <div>Daily Horoscope 9:30</div> <div>One on One by Cathy 😊 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>2</div>	<div>22</div> <div>Scavenger Hunt (All DAY)</div> <div>CT Book Club Time 10:30</div> <div>3</div>
<div>23</div> <div>Hymn Sing With Garce 😊</div> <div>Free Day 😊</div> <div>4</div> <div>11</div>	<div>24</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Trivia 10:30</div> <div>Bingo 1:30</div> <div>12</div>	<div>25</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 9:45</div> <div>Walmart Outing 10:30</div> <div>Movie and Popcorn Day 1:30</div> <div>6</div>	<div>26</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Trivia 10:30</div> <div>Bingo Happy Hour 1:30</div> <div>7</div>	<div>27</div> <div>Daily Horoscope 9:30</div> <div>Musical Exercise 10:00</div> <div>Preparation for the Party 10:30</div> <div>Monthly Birthday Celebration 2:00</div> <div>8</div>	<div>28</div> <div>Daily Horoscope 9:30</div> <div>One on One by Cathy 😊 10:00</div> <div>Dinning Committee Meeting 10:30</div> <div>Bingo 1:30</div> <div>9</div>	<div>29</div> <div>Scavenger Hunt (All DAY)</div> <div>CT Book Club Time 10:30</div> <div>10</div>

MARCH 2025

Courtyard Terrace News

3730 Burke St Burnaby BC V5H 1A3

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



IMPORTANT DATES

DATE – March 10, 2025

Fraser Health Survey

DATE – March 13, 2025

My Voice Meeting

DATE – March 17, 2025

St. Patrick's Day

DATE – March 27, 2025

Monthly Birthday Celebration

Dear Resident, Family and Staff,

Fraser Health will be on site Monday, March 10th 2025 from 10:00am – 2:00pm to assist resident with completing the annual Resident Satisfaction Survey. This is a great opportunity to have your voice heard. Posters with the QR code have been posted in the building for those who are unable to attend on the 10th.

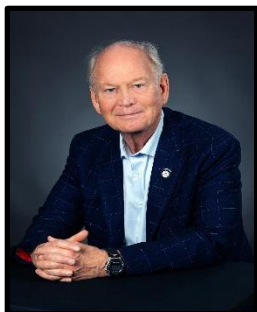
In this Newsletter

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

NEW AND NOTEWORTHY

The Courtyard Terrace will be hosting the second Author Reading Series to our Library. We are proud to present

William Koch



He will be reading from his first novel's book **"Hired Gun"**.

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

FEBRUARY 2025 Happenings at Courtyard Terrace

Author Reading Series



Happy Hour Day



Monthly Birthday Celebration



DID YOU KNOW...



KIDPILLAR

St. Patrick's Day

FACTS

SAINT PATRICK'S REAL NAME WAS MAEWYN SUCCAT. HE CHANGED HIS NAME TO PATRICK AFTER BECOMING A PRIEST.

ST. PATRICK'S DAY PARADES STARTED IN AMERICA, NOT IN IRELAND.

OUT OF 46 AMERICAN PRESIDENTS, 23 PRESIDENTS INCLUDING THE CURRENT PRESIDENT JOE BIDEN, HAVE IRISH ROOTS.

THE ROMAN COLOSSEUM, LEANING TOWER OF PISA, SYDNEY OPERA HOUSE AND THE BURJ AL ARAB IN DUBAI LIGHT UP GREEN ON ST. PATRICK'S DAY!

PADDY DAY WAS INITIALLY A DRY DAY, OWING TO ITS RELIGIOUS SIGNIFICANCE.

ST. PATRICK'S DAY WAS OFFICIALLY DECLARED A RELIGIOUS HOLIDAY ON 17 MARCH 1631 BY THE CATHOLIC CHURCH.

THE CHICAGO RIVER IS DYED GREEN EVERY YEAR AS PART OF ST. PATRICK'S DAY CELEBRATION.

BEER IS THE MOST POPULAR DRINK FOR ST. PATRICK'S DAY WITH GUINNESS SELLING NEARLY 13 MILLION PINTS WORLDWIDE!

THE ODDS OF FINDING A FOUR-LEAF CLOVER ARE ABOUT 1 IN 10,000. CONSIDER YOURSELF VERY LUCKY IF YOU DO FIND ONE!

5 FACTS ABOUT SPRING EQUINOX

It's celebrated during holiday called Ostara

Popular activities are spiritual cleansing, spring cleaning and decorating a spring altar

Popular herbs are Lavender, Tansy, Lilac, Lemon Balm

It symbolises new life and is the time of regrowth, rebirth and renewal

It marks the day when night and day are equal and in balance

Upcoming Events

Resident's Council Meeting

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

Fraser Health Survey

Monday, March 10, 2025
(Lounge Area - 10:00 – 2:00 pm)

Author Reading Series

Wednesday, March 5, 2025
(Lounge – 1:30 pm)

Walmart Outing

Tuesday, March 11, 2025
(Departure 10:30am – Arrival 2:00 pm)

My Voice Meeting w/ Michelle

Thursday, March 13, 2025
(Dining Area – 10:30 am)

Casino Lunch Outing

Tuesday, March 18, 2025
(Departure 10:30am – Arrival 2:00 pm)

Life Enrichment Committee Meeting

Wednesday, March 19, 2025
(Dining Area – 10:30 am)

CT Holy Mass by Fr. Joseph

Thursday, March 20, 2025
(Lounge, 10:30 am)

Author Reading Series

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

Walmart Outing

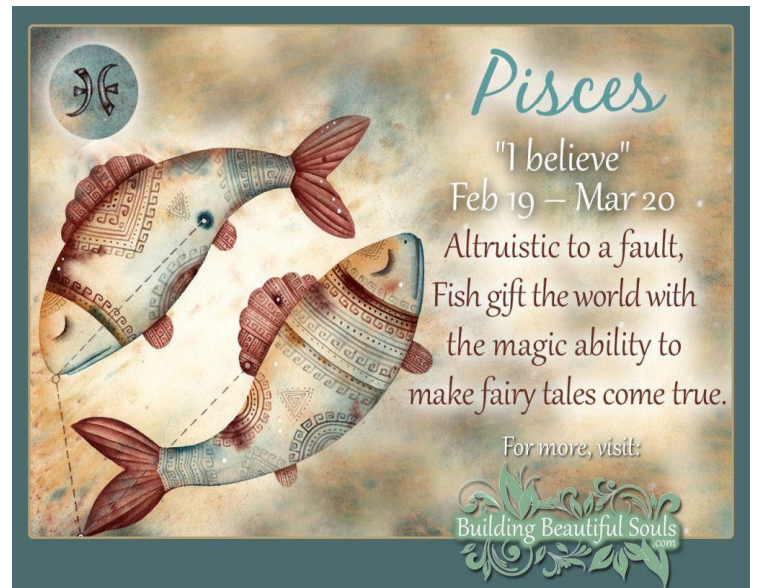
Tuesday, March 25, 2025
(Departure 10:30am – Arrival 2:00 pm)

Monthly Birthday Celebration

Thursday, March 27, 2025
(Lounge – 2:00 pm)

CT Dining Committee Meeting

Friday, March 28, 2025
(Dining Area – 10:30 am)



Courtyard Business Corner

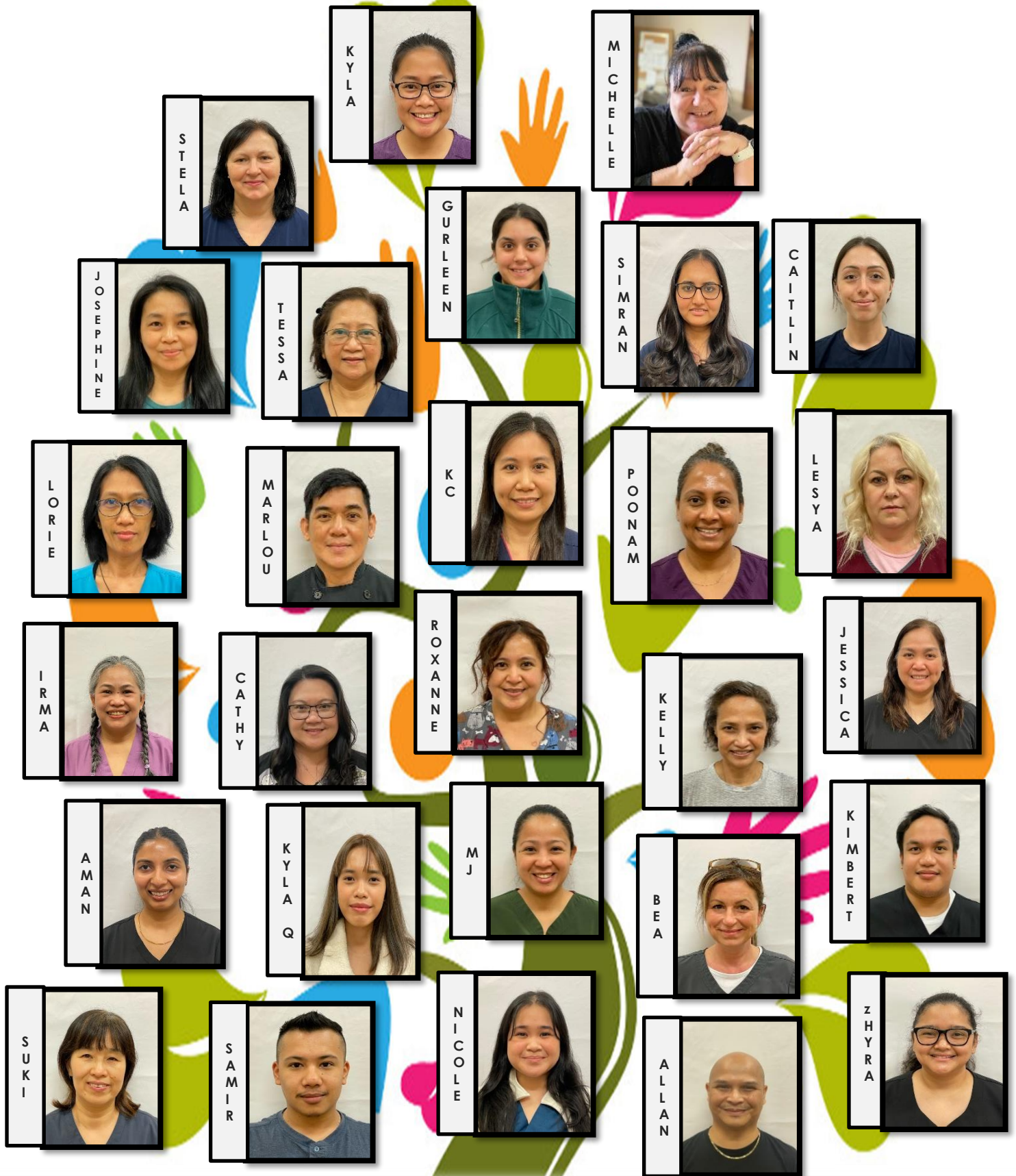
Request: Let's start to keep ourselves busy and enjoy the spring/summer seasons. If you have in mind to try something new this season, please feel free to go the REC office and tell me what it is, and I will be delighted to hear your new ideas.

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:



Happy Anniversary



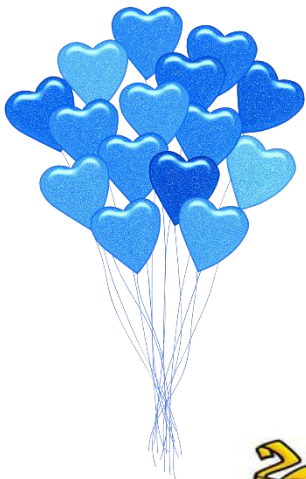
2 years



1 year

Staff Birthdays

HAPPY BIRTHDAY



Bea 1st



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

Welcome to Gurleen who has
joined us as an LPN.



MARCH BIRTHSTONE & ZODIAC SIGN

Happy March

The month of Spring, Abundance and Joy!

Birthstone - Aquamarine



*associated with courage,
loyalty, fealty &
friendship*



Aquamarine is Latin for aqua (water) & marina (the sea). The serene Caribbean sea color of aquamarine is thought to cool the temper and keep one peaceful, allowing the wearer to remain calm and levelheaded, despite provocation. The aquamarine was a talisman to protect sailors, worn to guarantee a safe voyage. Aquamarine's pale, crystalline blue color complements a soft and pastel spring wardrobe, but also contrasts nicely with richer hues.

MARCH BIRTH FLOWER

Meanings:

NEW BEGINNINGS
COMING OF SPRING
UNREQUITTED LOVE
AFFECTION
OPTIMISM
VANITY



BIRTHDAYS THIS MONTH

MARCH 2025



Ruth - 4th



Karen - 11th



Shea - 14th



RESIDENTS CORNER

CT Library

From the Library....

The Book Club has started a new book! It is a science Fiction / Fantasy full of dragons, new planets, strange rain and a colony trying to survive it all! Come listen to the Audible reading of **Anne McCaffrey's Dragonsdawn**.

Spring is coming! Time to check through all your books and return to the Library basket any Library books you may have finished reading.

Don't forget the Mobile Library! Let staff know if you need some books to read. The Mobile Library will bring a selection of books for you to choose from right to your room.

The Courtyard Library is proud to present Bill Koch, who will be reading from his new novel **Hired Gun: Uncovering Buried Secrets**. The book follows psychologist David Lipman, who, after suffering his own personal loss, finds his patients are dying. It's going to take risking his license and reputation to stop a killer. How far is he prepared to go?

Bill is an award-winning psychologist and writer. **Hired Gun** is his first novel. March 5th at 1:30 pm.

Happy Reading & Writing



Garden Club

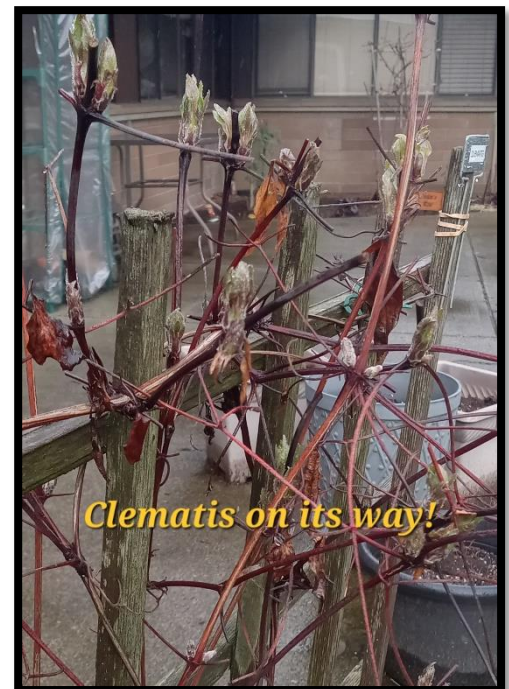
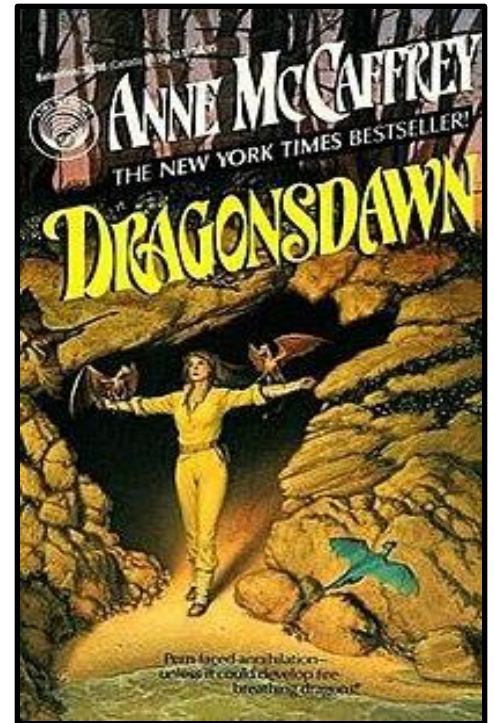
From the Garden...

Despite the freezing, despite the torrential rain, so far things seem to be growing as they should. So much rebirth and renewal. Along with the Snowdrops, the Crocuses are coming up purple. Hopefully the rain will ease off before they flower. The daffodil buds are making their way and so are the hyacinths. With the back and forth weather, it was surprising to see the tulip leaves growing up so tall.

The Black-eyed Susan and Phlox are growing strong, as well as the Clematis. The Garlic is a "growing concern". New growth on the Daylilies, Roses, and Tea roses abounds. All the Coral Bells and Pulmonaria survived the snow. The fate of the Sage is unsure, but the many thymes and oreganos are growing strong—as is their want.

So there is a lot "growing on" in the garden right now and more to come!

Happy Gardening!



Infection Prevention and Control Corner

Audit Findings

The following audits were completed in February 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 have fully implemented the newly updated Fire Safety Plan.

The new evacuation maps have been posted in the main areas and in the hallways.

Department Updates

On **Tuesday, March 4, 2025** we are having our domestic boiler serviced by Cold Pro. They will be on site from 7:00am to 1:00pm.

During this time, there will be **NO HOT WATER** in the building. Staff will be unable to provide showers or complete laundry until the servicing is complete.

The cold water will still be available to use.

For the dining room, we will need to use disposable dishes for the day as the dishwasher cannot be used. We will also need to use disposable cups for coffee/tea in the lounge.



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