

IN THE NEWS!

Charitable Foundation
Page 2

Identify, Remove &
Report Hazards
Page 2

Outbreaks
Page 2

Halloween Party
Page 3

Blue Sky BINGO
Page 3

Special Dinner Groups
Page 3

Thanksgiving Social
Page 4

Family Council
Page 4

Oktoberfest
Page 4

Movie Nights
Page 4

The Price is Right
Page 4

Plus so much more....

Extra copies of this
Newsletter are
available in the
Administration
Hallway in the
information rack.

The Ministry of Health and Long-Term Care ACTION Line is open seven days a week, from 8:30 a.m. to 7:00 p.m., and can be reached toll-free at:

1-866-434-0144

The Action Line is for residents of long-term care homes or their family members to report concerns about their care and the services provided by their long-term care home. The Action Line offers service in English and French.



WHAT'S NEW IN THE FOOD SERVICE DEPARTMENT

We are excited to introduce our new Spring and Summer Menu that launched on Monday July 23, 2018.

Our new menu will continue to offer a variety of new dishes ready to tease your palate.



*Fresh made
sandwiches and
salads will be
made available
at the General
Store*

New Menu Items

- Chicken Mandarin
- Orange Pita
- Stuffed Peppers
- Tuna Pesto Salad
- Fruit offered at Breakfast
- Specialty breads/pastries and muffins

New Dessert on Week 3

Fruit Punch Pudding Cake

Step	Ingredients	Serving Amounts
1	Liquid Egg White Sugar Vanilla Extract	2 Tbsp 100 ml 1 /2 tsp
2	Fruit Cocktail , drained Orange Juice	175 ml 1 Tbsp
3	All Purpose Flour Baking Powder Salt	½ cup 2 Tbsp 2 tsp
4	White Sugar Evaporated Milk Margarine Vanilla Extract	1 Tbsp 1 tsp 1 ½ tsp ½ tsp

Step 1: Preheat oven to 350F. Beat eggs, sugar and vanilla until light and fluffy

Step 2: Blend in fruit cocktail and orange juice

Step 3: Mix together flour, baking powder, salt and then slowly add to wet ingredients. Bake for approximately 30-40 minutes until cake is set

Step 4: While cake is baking, prepare the glaze by putting the remaining ingredients into a pot and bring to a boil.

When cake is removed and still hot, drizzle with glaze.

What is Influenza (flu)?

The flu is a common respiratory illness caused by a virus which is spread easily from person to person. It starts rapidly, you don't feel well and get a fever and cough.

You may also have a headache, runny nose, muscle aches and fatigue.

Most people recover in 7-10 days, but some have complications such as pneumonia and death.

Protect our residents, yourself and your families.

THIS FALL - Get your flu shot!



DID YOU KNOW...



Cassellholme has a Charitable Foundation!

CASSELLHOLME

Compassionate care for life's journey.



Charitable Foundation

What is Cassellholme's Charitable Foundation?

The Cassellholme Foundation is a not-for-profit registered charity established to purchase items and fund programs with the goal of helping seniors maintain independence and their quality of life.

Why do we need your support?

With limited public funding available to facilities like Cassellholme, your donations to the Cassellholme Charitable Foundation will support and enrich programs for the benefit of Cassellholme residents and their families.

How can you support the residents of Cassellholme?

You can help by making a donation to the Cassellholme Charitable Foundation in Memory of a loved one or name Cassellholme as the charity that family and friends can donate to in lieu of flowers.



Identify, Remove & Report Hazards

Indoors

- Encourage your loved one to use the call bell for help
- Identify dim lighting or lighting that creates a glare
- Be aware of slippery floors and spills that have not been mopped
- Remove clutter in walkways, such as books, shoes, electrical cords and blankets
- Keep frequently used items in an easy to reach location that does not require your loved one to bend down or reach up
- Report to the staff any furniture that is unsteady, too high or too low
- Report any hazards you find to any staff member right away

Outdoors

When leaving the Home with your loved one:

- Encourage the use of handrails on stairs and steps
- Ensure proper footwear is worn when leaving the Home
- Ensure the proper use of assistive devices
- Watch for paths that are cluttered or in poor condition with uneven or loose pavement, or cracked sidewalks
- When walking with them, walk slowly and carefully on snow and ice
- Beware of walkways that are wet or covered in moss or leaves, as they can be slippery
- Report any outdoor hazards you find to any staff member right away

SAFETY FIRST!



What You Need To Know During an OUTBREAK at Cassellholme...

- Signage will be posted on the entrance doors
- Residents with symptoms will have tray service in their rooms
- Global activities and special events will be cancelled
- Volunteers will be contacted to cancel their programs
- If you are sick, please do not visit Cassellholme
- Visitors must visit residents in their own rooms
- Room bookings will be cancelled
- Special Meals will be cancelled



Remember – Hand Washing is the single, most important factor in preventing the spread of infection!

RECEPTION / GENERAL STORE Will be CLOSED...

Monday, September 3/18



**Happy
Thanksgiving**
Monday, October 8/18



Come join the spooktacular fun
at Cassellholme's

Halloween Costume Party &
Pumpkin Carving Contest!

Wednesday October 31, 2018
2:00 p.m. - Auditorium

*Residents, Family & Staff are
encouraged to dress up!*



If you are interested in entering the pumpkin contest, contact
Jillian at 705-474-4250 ext. 341

Remembrance Day Ceremony

Watch for posters and check
the November Activity
Calendars for date and time



Lest We Forget

The 11th hour on the 11th day of the 11th month



COUPLES DINNER



Join your spouse or
significant other for a
delicious homemade meal
in a romantic atmosphere.

Invitations will be sent out to all couples.

Couples Dinners will be held once a month.
Watch for upcoming dates

MEN'S SUPPER GROUP

2nd Tuesday of every month
5:00 p.m. - Auditorium



All gentlemen are welcome to attend!

LADIES SUPPER GROUP

3rd Tuesday
of every month

5:00 p.m.
Auditorium



All ladies are welcome to attend!



Seniors Day

- Last Thursday morning
of the month
- Sign up with any Activity
Staff
- Limited spaces available
- No cost for residents to
attend
- Breakfast included

420 Airport Road
North Bay, Ontario
Doors open at 9:30 a.m.

Let's Go Shopping!



Shopping trips to Northgate Square
will begin again in September.

Watch for dates and times on the
monthly Activity Calendars.



PUB SOCIAL

Saturday September 29th, 2018

2:00 p.m.
Cassellholme
Auditorium



B-I-N-G-O....is Back!!

Cassellholme residents and families are invited to play TV BINGO. Bingo is held weekly in the Auditorium. The cost for this activity is \$7.00 per card.

Contact the General Store for more information and to purchase your bingo cards and Bingo dabbers.



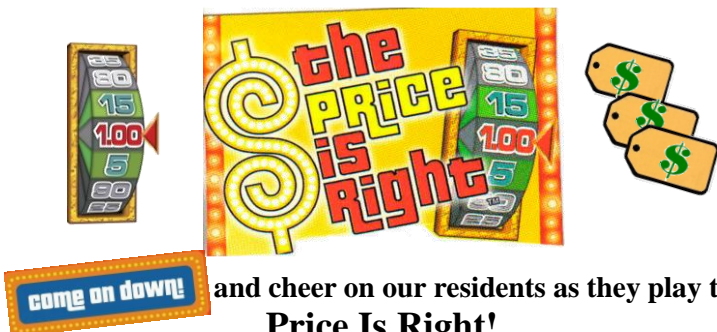
Movie Night

Last Wednesday of Every Month
6:15 p.m. ~ Auditorium



CASSELLHOLME PRESENTS THE...

PRICE IS RIGHT – GAME SHOW!



and cheer on our residents as they play the
Price Is Right!

Friday September 28th, 2018 ~ Cassellholme Auditorium

*Happy
Thanksgiving!*

Pumpkin Social

*Friday October 5th, 2018
Auditorium*

CASSELLHOLME FAMILY COUNCIL

ATTENTION FAMILY MEMBERS

Cassellholme residents
are looking for you to join
the Family Council!

Long-Term Care Homes are required, per the Act, to encourage families and persons of importance to residents, to participate in a Family Council.

The Family Council is an organized, self-led and directed group, composed of family members and friends of residents.

As a member of the Family Council, you have the ability to provide assistance, information and advice to residents, family members and friends of residents, as well as support and plan activities for residents. The Council will also advise the Home of any concerns or recommendations the Council has regarding the operation of the Home.

**Meetings are held once a month, during the 1st week,
in the Cassellholme Garden Room**

Watch for dates and times to be posted throughout the building and advertised on the Front Lobby TV.

If you would like to join the Family Council or would like more information, please contact:

Jillian Marchand, Resident Support Coordinator

Tel: 705-474-4250 ext. 311 or Email her at

marchandj@cassellholme.on.ca



~ Unit Christmas Parties! ~

Watch for the dates and times in the November Edition of the
Cassellholme Resident Newsletter!

