

Cassellholme Newsletter

May 2018

Volume 71



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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.



Focus on Fibre to Fight the 'HARD' Life

By: Michelle Lane, Registered Dietitian

Constipation is a major concern in long term care homes, and can be caused by multiple factors. As we age our pelvic muscles that help our bowels move get weaker, our level of activity decreases, and we may be on several medications... all of which can contribute to constipation.

GOOD NEWS: Fibre is one way to give your bowels a boost!

Fibre can help to:

- Keep your bowels regular
- Lower your cholesterol and
- Control your blood glucose (blood sugar)



Research shows that fibre may also help you maintain a healthy body weight and lower your risk of heart disease and some cancers like colon cancer.

Which foods have fibre?

Fibre is found in vegetables and fruit, whole grains, legumes like beans, peas and lentils, and nuts and seeds.

Other tips for constipation:

- Make sure to drink a minimum of 1.5L of fluids/day
- Participate in regular activity tailored to your abilities

How can I get more fibre in my diet at Cassellholme?

- Eat plenty of fruits and vegetables
- Have a bowl of oatmeal or high fibre cereal at breakfast
- Choose whole wheat bread instead of white
- Ask for prunes, prune juice, fibre spread or our **NEW** low calorie fibre peach juice!



Seasonal Clothing & Closet Space

The weather is changing and the closets are in need of a clean-up. As the seasons change and the weather gets warmer we ask that families bring in appropriate clothing for their loved ones and remove the warmer/winter clothing.

It makes it difficult to hang up clean clothes when the closets are overfilled, resulting in an untidy closet, and clothing on the floor.

Large items are not to be stored on top of closets (eg. suitcase, Christmas items). Residents should wear loose, lightweight, light-coloured clothing. Soft and flexible jersey knit materials are recommended, rather than cotton. Jersey knit material will help protect fragile skin.



Please remember to have all clothing labeled



Cassellholme is fully compliant with fire safety requirements to ensure maximum protection in the event of fire. The Home is divided into zones protected by fire doors, which close automatically in the event of a fire. Heat, smoke detectors and sprinklers are located throughout the building.

In conjunction with the North Bay Fire and Emergency Services, Cassellholme has prepared and maintains an Emergency Preparedness Plan which would be implemented in the event of a major crisis.

Fire procedures are tested on a monthly basis. Fire drills are conducted on each of the 3, 8-hour shifts each month, during which time staff, volunteers, visitors and residents practice clearly defined procedures as if there were a real fire. Silent drills are held during the evening hours.

When a drill is in progress, Cassellholme expects that visitors will take part in the drill and follow the instructions that are given by staff.

Upon hearing the fire alarm, a "Code Red" announcement will be heard over the Public Address (P.A.) System. Residents and visitors will remain in resident rooms, behind closed fire doors and await further instructions from staff. If not in a resident room, residents and visitors will be directed to a safe area. Do not use the elevators during this time.

Remember - **Do NOT Panic** - fire drills are part of the routine at Cassellholme to ensure safety. Do not hesitate to ask questions.

\$ RATE CHANGES

Changes to Monthly Rates for Accommodations – July 1, 2018

These new rates are based on the **2017 NOTICE OF ASSESSMENT**

If you wish to make an application for a Rate Reduction, the Notice of Assessment for year 2017 must be submitted to Debbie Pigeon **no later than June 1, 2018**.

Once the new monthly rates have been determined, residents and/or Power of Attorney for finances will be receiving information which will require a signature. This agreement must be returned to Debbie Pigeon in order to renew the monthly accommodation rates effective July 1, 2018.

If a Notice of Assessment for the 2017 tax year is not received, Cassellholme is required to charge the maximum monthly rate. This rate is subject to change annually as per the MOHLTC.

The NEW MONTHLY RATE FOR ACCOMMODATIONS WILL TAKE EFFECT ON JULY 1, 2018.

Rate reductions do not apply to residents occupying private rooms paying preferred accommodations.

PARA BUS SERVICES

PHARA has made the difficult and challenging decision not to renew their involvement in the Para Bus Program, effective July 31, 2018.

The Para Bus program has been a joint venture between PHARA and the City of North Bay. The City of North Bay funds, as well as owns and maintains the buses, while PHARA provides the dispatch team and drivers. Over the past number of years the City of North Bay has done an excellent job of significantly improving accessible public transportation services and infrastructure.

PHARA will offer to work with their partners as they determine how to transition the program and services following their departure.

From everyone at PHARA, they wish to extend their sincerest thanks for your patronage over the years. It has been a pleasure serving you.

CONTACT US

Cassellholme Phone Directory
400 Olive Street, North Bay ON, P1B 6J4
(705) 474-4250

General Store Ext. 221 Monday – Friday 8:30 am – 4:30 pm Saturday – Sunday 11:00 am – 2:00 pm	Cassellholme Hair Dresser Claudette Foisy Ext. 269
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Resident Services

Resident Services Coordinator Jillian Marchand Ext. 311	Resident Accounts Debbie Pigeon Ext. 227
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Departmental Services

Nutrition Food Services Ext. 274 Maintenance Ext. 297	Housekeeping and Laundry Ext. 286 Activities Ext. 223
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1st Floor: Apple Street

Nursing station Ext. 246 RPN Ext. 370 & 371	Unit Support Services Ext. 210 RN Supervisor Ext. 216
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1st Floor: Maple Street

Nursing station Ext. 249 RPN Ext. 371 & 372	Unit Support Services Ext. 209 RN Supervisor Ext. 216
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Birch Street

2nd Floor

Cherry Lane

Nursing Station Ext. 222 RPN Ext. 375 Unit Support Services Ext. 209	Nursing Station Ext. 278 RPN Ext. 374 RN Supervisor Ext. 217
Unit Support Services Ext. 209 RN Supervisor Ext. 217	

Willow North

3rd Floor

Willow West

Nursing Station Ext. 254 RPN Ext. 377 Unit Support Services Ext. 210 RN Supervisor Ext. 218	Nursing Station Ext. 280 RPN Ext. 376
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- Listed above are the extensions if you have specific departmental inquiries
- Please contact Unit Support to notify of any upcoming or changes to scheduled resident appointments. The Unit Support staff can assist you with booking appointments and organizing transportation to and from the appointment destination.
- Please direct clinical inquiries regarding a resident to the RPN staff. Please note that any personal and private information regarding a resident can only be discussed with the Power of Attorney or Substitute Decision Maker designate.
- For urgent clinical matters please direct your call to the RN Supervisor.



2018 Canada Day Celebrations

Watch for date & time
on the monthly activity
calendars

CANADA!



YEE HAW!
It's BBQ Season!
Every Tuesday at Noon
June ~ July ~ August
Auditorium

Residents are invited from
a different unit each week

Guests are always welcome!

**Purchase your Guest Tickets in
the General Store**

RECEPTION / GENERAL
STORE
CLOSED

Monday
July 2/18



Monday
August 6/18

Sunday
Mornings
Oval Garden

10:15 a.m. – 11:00 a.m.
(Weather Permitting)



WE'RE IN THE
GARDEN
DRINKING
COFFEE

CASSELLHOLME FAMILY COUNCIL

ATTENTION FAMILY MEMBERS

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

The Family Council is an organized, self-led and directed group,
composed of family members and friends of residents.
Be well-informed about the policies and decisions that impact your
resident's quality of life.

Meet some of the people who make decisions about the care given
at Cassellholme.

Be a positive influence in decisions that affect all of our 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.

**Meetings are generally held on the 1st Tuesday
of every month at 2:00 p.m. in the
Cassellholme Garden Room**

Meeting minutes and more information are posted on the Family
Council Bulletin Board beside the Garden Room.

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

Email: marchandj@cassellholme.on.ca

**Individuals who have concerns about their resident in particular are
encouraged to contact the registered staff on the unit without delay.**



You're Invited to an
ICE CREAM SOCIAL



MONDAYS
2:00 p.m.
All Units
June - August



RESIDENT COUNCIL Meetings

**4th Thursday of Every
Month @ 12:00 p.m.**
Auditorium

All residents are encouraged to attend!



Summer Garden Parties!

Wednesday Afternoons at 2:00 p.m.

Oval Garden

Musical Entertainment & Summer Treats



Wednesday June 13th 2018

1:30 – 2:30 p.m.

Auditorium

Popcorn ~ Hot Dogs ~ Blue Jay Game

JULY Strawberry Social



Watch for date and details
coming soon

Let's Celebrate Seniors Month

GLAM SHOTS



Glam Shots for all residents!

June 8, 2018

10:30 a.m. – 3:30 p.m.

Families are welcome to attend the photo shoot!

Accessories will be available, but feel free to bring
your own special items/props, if you wish!



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.

Cassellholme PUB Socials

You Asked....We Listened!

Now serving your choice of
Rye or Rum drinks!



All drinks are \$3.00 each
(2 drink limit)

As always, beer & wine are available

TV B-I-N-G-O!!

TV BINGO will be taking a break for the
summer months. Bingo will end in June
and return again in September.
Thank you for your support.
See you in the FALL!



Waterfront Trips

Get out and enjoy the summer
and sunshine with a trip to the
Waterfront! Watch the monthly
activity calendars for dates and
times.



Let's Go Shopping!



Residents wanting the opportunity
to go shopping are invited to attend
monthly shopping trips to our local
Northgate Square, 1500 Fisher
Street.
Watch for dates and sign up with
one of the Activity Staff.



COUPLES DINNER

Join your spouse/significant
other for a delicious homemade
dinner in a romantic setting.

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. in the Auditorium

All men are welcome to attend!



LADIES SUPPER GROUP

3rd Tuesday of every month
5:00 p.m.
Auditorium

All ladies are welcome to attend!



