

# Cassellholme Newsletter

February 2018

Volume 70



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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.



There are two choices of menu items posted for each meal.

If you do not wish either selection, the following food items are offered in addition.

1. Grilled Chicken
2. Grilled Cheese on white or brown bread (lunch only)
3. Ham Sandwich on white or brown bread
4. Egg Salad Sandwich on white or brown bread
5. Soup
6. Tossed Salad
7. Spaghetti with Meat Sauce

Advance notice will ensure timely delivery. If you order at the table, there will be a delay.

**IT'S TAX SEASON...**  
**Need a hand?**

### Eligibility for this Service:

**Single Person:**  
Income less than \$30,000.00

**Couple:**  
Combined income less than  
\$40,000.00 (interest less than  
\$1000.00)

[www.ccra.gc.ca/volunteer](http://www.ccra.gc.ca/volunteer)  
**1-800-959-8281**

### Community Volunteer Income Tax Program

Volunteers trained by the Canada Customs and Revenue Agency can help Cassellholme Residents and Castle Arms Tenants complete their income tax and benefit return.

Income Tax Services will be available in the Auditorium on:

**Tuesday, March 13, 2018**  
**9:00 a.m. – 12:00 p.m.**

If you are interested in this service please bring the following:

- Rent Receipts
- T4, T3, T5 Receipts
- Charitable Donations
- Medical Expenses
- 2016 Tax Return
- 2017 Tax Form

**Reminder: Residents applying for a Rate Reduction must submit their 2017 Notice of Assessment to Debbie Pigeon - no later than June 1, 2018**

## RECEPTION / GENERAL STORE

Friday  
March 30/18

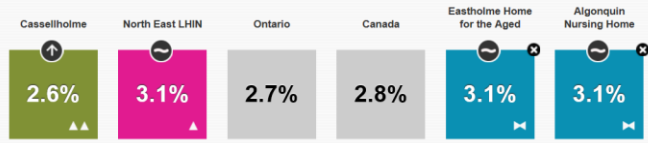
CLOSED

Monday  
May 21/18

## Cassellholme Staff - Going Above &amp; Beyond!

## Worsened Pressure Ulcer in Long-Term Care, 2016–2017

[Safety]



Not only are we below our City, District, and Ontario, we are below the Canadian Average.

Thank you to every staff member for your hard work, compassion, and going above and beyond in all aspects of resident care. This has provided outstanding care in prevention and healing of our residents wounds.

Kathryn Jordan-Mikkelsen,  
RN Supervisor/Wound Committee Chair

## WALK TALL

## Encourage your loved one to:

- Walk upright and straight to promote better posture
- Be more active, this can help to keep a straight and upright posture
- Start slowly when becoming physically active to avoid a sudden drop in blood pressure
- Notice when pain is preventing activity and report it to nursing staff



## MOBILITY AIDS:

- Encourage proper use of walkers and/or canes
- Encourage walking in the center of the walker
- Ask nursing staff or the physiotherapist if the height of the assistive device is correct. The wrong height can cause poor balance, poor posture and shoulder pain
- Keep room and hallways clear of any objects and clutter. This way mobility aids can be used freely and prevent stumbling.
- Notify a staff member if you notice their assistive device (cane or walker) is not in proper working condition. Canes should have intact rubber tips.
- When walking with someone using a cane or walker, let them walk at their own pace. Never try and make them walk faster. Do not push someone sitting on their walker.

DROP-OFF  
LOCATION FOR  
RESIDENT CLOTHING

Families and friends are reminded to bring all new incoming clothing items for residents, to our centralized drop off cabinet for labeling.

The cabinet is located in the Main Hall outside the General Store and is equipped with bags and methods of identifying to whom the new items belong. We appreciate your attention to this matter.

Inquiries regarding resident laundry and labeling can be addressed to:

Trina Milne at 705-474-4250 ext. 286 or  
Email: [milnet@cassellholme.on.ca](mailto:milnet@cassellholme.on.ca)

All resident's personal clothing must be labeled. It is highly recommended to use Cassellholme labels as they are designed to be easy to read, long-lasting and stay securely fastened to the clothing, thus preventing items ending up in the lost and found.

Cassellholme is not responsible for clothing items that are not properly labeled.

UNMARKED CLOTHING  
Lost & Found Process

Pictures of all unmarked items will be taken and put in a binder for viewing. The binder is located in the General Store. Residents and family members are encouraged to stop in and have a look at the binder to identify and claim any resident items.



Stop in and have a look!

## KEEP IN TOUCH!

Keep in touch with your loved ones by sending an email to their unit address. Our Activity Assistants will receive your email, deliver your messages and assist residents to reply back.

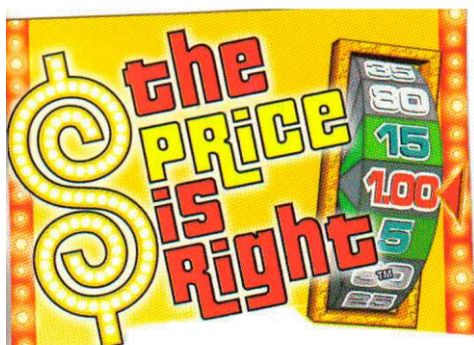


APPLE -	<a href="mailto:appleactivities@icloud.com">appleactivities@icloud.com</a>
MAPLE -	<a href="mailto:mapleactivities@icloud.com">mapleactivities@icloud.com</a>
BIRCH -	<a href="mailto:birchactivities@icloud.com">birchactivities@icloud.com</a>
CHERRY LANE -	<a href="mailto:cherryactivities@icloud.com">cherryactivities@icloud.com</a>
WILLOW -	<a href="mailto:willowactivities@icloud.com">willowactivities@icloud.com</a>
ADMIN -	<a href="mailto:adminactivities@icloud.com">adminactivities@icloud.com</a>

**CASSELLHOLME PRESENTS THE...**

**PRICE IS RIGHT – GAME SHOW!**

Cassellholme Auditorium



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

Watch for Posters with Dates & Times

**Let's Play B-I-N-G-O!!**

Cassellholme residents and families are invited to play TV BINGO. Bingo is held weekly in the Auditorium.

The cost for this activity is \$6.00 per card.

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



**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 1<sup>st</sup> 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](mailto: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.**



**ATTENTION  
RESIDENTS**

Join us for some fun and  
show off your creativity  
at our Paint & Sip  
Program.

Art materials provided --- No experience necessary!  
Watch for upcoming dates



**RESIDENT COUNCIL  
Meetings**

4<sup>th</sup> Thursday of Every  
Month @ 12:00 p.m.  
Auditorium

All residents are encouraged to attend!



## EASTER TEA

Saturday  
March 31, 2018  
2:00 p.m.  
Auditorium

EVERY  
BUNNY  
♥'s TEA!



## Saint Patrick's Day PUB SOCIAL

March 17<sup>th</sup>, 2018  
2:00 p.m.  
Auditorium



Think GREEN - Come dressed in GREEN

## Jimmy's Old Time Radio Show



Tuesday May 1<sup>st</sup>, 2018  
6:30 p.m.

## Celebrate the value of volunteering!

Building confidence, competence, connections, and community



Investors  
Group

National Volunteer Week  
April 15-21, 2018

VOLUNTEER  
BENEVOLES  
CANADA



## 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.



## 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

First 2 Tuesdays of every month  
5:00 p.m. in the Auditorium

All gentlemen are welcome to attend!



## LADIES SUPPER GROUP

Last 2 Tuesdays of every month  
5:00 p.m. in the Auditorium

All ladies are welcome to attend!



## 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.

