



# Cassellholme Newsletter

November 2018

Volume 73

**CASSELLHOLME**

Compassionate care for life's journey.

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Extra copies of this  
Newsletter are available in  
the Information Rack in the  
Administration Hallway



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.



**Director of Clinical Services (DOC)** – Beverly VonHassell, Clinical Services Manager, has accepted the temporary position of DOC while Lindsay Dyrda is on maternity leave. *Beverly can be reached at ext. 243*

**Clinical Services Manager** – Please welcome Camille Bigras to this temporary position to replace Beverly VonHassell. *Camille can be reached at ext. 232*

**Unit Coordinators** – Jillian Marchand (*formerly the Resident Services Coordinator*) and Lindsay Hummel (*formerly the Support Services Coordinator for NFS*) have accepted these new roles. Jillian and Lindsay will provide leadership and supervision of resident home areas with the responsibility for day to day oversight of unit operations, resident care coordination, and supervision of direct care staff. *Jillian can be reached at ext. 382 and Lindsay can be reached at ext. 381*

**Resident Services Coordinator** – Jillian Duchesne (*formerly the Activity Leader*) has accepted this position. Jillian's experience with resident programming and advocacy will complement her transition in this role. *Jillian can be reached at ext. 311*

**Support Services Coordinator** – Debbie Pigeon (*formerly the Resident Accounts Assistant*) has accepted this position and will focus on Housekeeping and Laundry Services. She will provide leadership to staff as well as support to the residents of Cassellholme and their families. *Debbie can be reached at ext. 272*

## 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.  
Get your flu shot!**



## GENERAL STORE

### ~ Holiday Hours ~

**Tuesday December 25, 2018  
Christmas Day – CLOSED**

**Wednesday December 26, 2018  
Boxing Day – CLOSED**

**Tuesday January 1, 2019  
New Year's Day – CLOSED**



## OFFICE MOVED

**The Resident Accounts  
Office** (*formerly located in the  
Administration hallway*) **has  
moved!**

**This Office is now located in the Main  
Hall, across from the General Store and  
the Armstrong Room.**

## Income Tax Receipts



**An income tax receipt/credit letter will be mailed out in January 2019.**

Please Note - Cassellholme residents are not eligible for a property tax credit, as Cassellholme does not pay Municipal or school taxes.

**Reminder to bring in the Notice of Assessment for the 2018 year once received if annual income is below \$23,936.76**



### 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!**



Meetings are held  
the 4th Thursday of  
Every Month  
@  
12:00 p.m.  
Auditorium

Residents are encouraged to attend!

### Resident Council VOLUNTEER APPRECIATION GALA

Thursday December 13, 2018  
5:30 p.m. – 7:30 p.m.

Cassellholme Auditorium



### TV B-I-N-G-O



Cassellholme residents and families are invited to play TV BINGO

Bingos will be held Wednesday December 5<sup>th</sup> & 19<sup>th</sup>, and Sunday December 9<sup>th</sup> & 23<sup>rd</sup> in the Auditorium. Residents and families can purchase cards and bingo dabbers in the General Store. The cost for this activity is \$6.00 per card.

*Congratulations to Madelaine!!  
She won \$400.00 playing TV Bingo!!*



## BE WELL – BE SAFE

September 2018 | Issue 9 | Resident and Family Newsletter

### Topic of the month:

### Fall Prevention



**Falls** are the main reason older adults lose their independence and account for **85 percent** of injuries leading to hospitalizations.

### Here are some things you can do to reduce your risk of falling:

#### STAY ACTIVE



Always check with your doctor before starting a physical activity program. Physical activity reduces the risk of falls by improving strength, balance, coordination and flexibility. Look for an activity you enjoy like water workouts or Tai Chi. It could also be as simple as walking or gardening!

#### WEAR COMFORTABLE SHOES



Proper fitting shoes with good foot support and non-skid soles can help with falls-prevention.

#### EAT A BALANCED DIET AND STAY HYDRATED



Ensure your meals contain a variety of vegetables, fruits, whole grains and a source of calcium and vitamin D to maintain healthy bones. Drink fluids often during the day – water is your best drink!

#### REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST



Some medications may increase your risk of falls (e.g. sleeping pills, blood pressure medications, Pain killers, anti-allergy and cough medications). Your pharmacist may make recommendations to your doctor to address side effects and the risk for falls.

#### KEEP YOUR HOME SAFE



Remove tripping hazards like rugs, mats and clutter from places where you normally walk. Using proper lighting, grab bars and non-slip mats in the shower can also help reduce the tripping hazard at home.

#### GET YOUR EYES AND EARS CHECKED REGULARLY



Age-related vision and hearing changes can affect your balance and the risk of falling. It's important to have a complete physical examination at least once a year.

References: www.centralhealthline.ca – Fall Prevention Resources-accessed Aug 16, 2018; www.mayoclinic.org – Fall prevention: Simple tips to prevent falls-accessed Aug 16, 2018



## LOST & FOUND

We have a new procedure for  
Lost & Found items!

Items that are found unmarked are brought directly to the units for staff, residents and families to identify. This new procedure will assist in items being identified and returned quicker.

## 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.



## CASSELLHOLME FAMILY COUNCIL

### ATTENTION FAMILY MEMBERS

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

Meetings are held once a month, during the 1<sup>st</sup> 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 Duchesne, Resident Support Coordinator

Tel: 705-474-4250 ext. 311

Email: [duchesnej@cassellholme.on.ca](mailto:duchesnej@cassellholme.on.ca)



Join us for a...

**Wine & Cheese Social**

Saturday December 1, 2018

2:00 p.m.

Auditorium

(Featuring music by Pat Dunn)



## CHRISTMAS Party

**ACT Christmas Party**

December 8, 2018 - 2:00 – 3:00 p.m.



*Happy New Year 2019*  
**New Year's Eve Party**

December 31, 2018

2:00 p.m. – 3:00 p.m.



**Valentine's Day – Social**

February 14, 2019

2:00 p.m. – 3:00 p.m.

**Valentine's Day - Couples Dinner!**

February 14, 2019

5:00 p.m.

Watch for more information in the New Year!



**December 7, 2018**  
**2:00 p.m. – 3:00 p.m.**

Featuring Don Brose

**Christmas Light Tour**  
**December 17<sup>th</sup> & 20<sup>th</sup>, 2018**



### PARTY ROOM - RESERVATIONS

Families and friends are welcome to bring in a  
special meal or treat to enjoy with their loved  
one anytime.

Enjoy your visit in one of our party rooms by  
contacting the General Store at ext. 221, to  
make a reservation and for availability.



**Book early for the  
Holiday Season!**



### LABELING CLOTHES FOR CHRISTMAS



Family members and friends who  
are planning to buy clothes,  
blankets, etc, for their loved one for  
Christmas, are reminded to use the  
laundry drop off cabinet in the main  
hall, outside the General Store, to  
have items labeled before  
wrapping.

Please ensure you write "GIFT" on the tag. Items will  
be labeled and left in the General Store for pick-up in  
approximately 2-3 days. You can contact the General  
Store at 705-474-4250 ext. 221 to check if your items  
are ready.

This will prevent loss of articles and residents will be  
able to enjoy their gifts for Christmas.





## Apple Street

Sunday  
December 16<sup>th</sup>, 2018  
7:00 p.m.  
Auditorium

Family & Friends  
are Welcome to  
Attend!

## *Christmas Party*

### Maple Street

Sunday  
December 16, 2018  
2:00 p.m.  
Auditorium

Family & Friends  
are Welcome  
to Attend!

## Willow Street Christmas Party

Saturday  
December 15<sup>th</sup>, 2018  
2:00 p.m.  
On the Unit

Family & Friends  
are Welcome to  
Attend!



Greetings from  
the North Pole!

## Birch/Cherry Lane Christmas Parties!

Saturday  
December 15<sup>th</sup>, 2018  
7:00 p.m.  
On the Unit

Family & Friends  
are Welcome to  
Attend!

