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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.



What is Influenza (flu)?

Influenza, commonly known as the Flu, is an infectious disease caused by an influenza virus. Symptoms can be mild to severe. The most common symptoms include: high fever, runny nose, sore throat, muscle pains, headache, coughing, sneezing, and feeling tired.

These symptoms typically begin two days after exposure to the virus and most last less than a week. The cough, however, may last for more than two weeks.

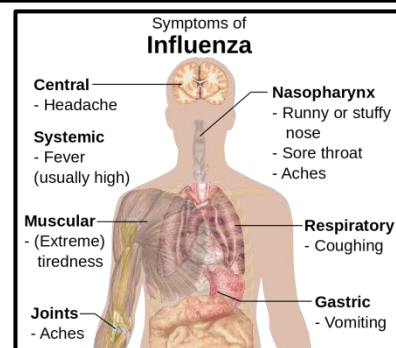
Usually the virus is spread through the air from coughs or sneezes. It can also be spread by touching surfaces contaminated by the virus and then touching the mouth or eyes.



Frequent hand washing reduces the risk of viral spread. Yearly vaccinations against influenza are recommended.

Protect our residents, yourself & your families.

THIS FALL – Get Your Flu Shot!



Help us keep the air we share
healthy and fragrance-free

Cassellholme is a scent-free building. Please do not wear perfume, scented hairspray, cologne, scented deodorant, aftershave, other scented products or do not bring in highly scented flowers, such as lilies & baby's breath.

Scented products contain chemicals which cause serious problems for many people, especially those with asthma, allergies and environmental illness.

Remember – no scents is good sense!

Cassellholme has a no-latex balloon policy. Allergies are caused by the powder inside and outside the latex balloons.

We ask that families please use the mylar (foil type) balloons.

Mylar balloons are made without latex, last weeks longer than regular balloons and can be **reused** until the self-sealing valve fails.



**RECEPTION / GENERAL STORE
Will be CLOSED**

**Monday
September 2/19**



**Monday
October 14/19**

**DID YOU
KNOW...**

Cassellholme has a
Charitable Foundation!



All visitors are reminded, with the exception of the accessible parking stalls, that no parking is permitted anywhere in the area located outside of the main entrance to Cassellholme.

This area, which is a designated Fire Route, is monitored by the City of North Bay. Any vehicle found parked in this area may be subject to a ticket and/or fine of \$300.00.

Visitor parking is available in the parking lots located at the side and rear of Cassellholme, as well as on Olive Street.

RESIDENT SAFETY - Access to Outside Sitting Areas

As of July 10, 2019 the doors to the Oval Garden and Memorial Garden (smoking area), will be locked from the outside, from 10:00 p.m. – 6:00 a.m.

Key “fobs” are available at the Apple and Maple Nursing Stations for those who wish to go out to either of these areas during the locked hours.



The General Store now sells PHONES!

Residents needing a phone for their room, can now purchase one in the General Store.

Phones are \$30.00 + tax.



CASSELLHOLME RESIDENT COUNCIL

Cassellholme has an established Residents' Council. All residents are encouraged to join. Only residents of the Home may be members of the Residents' Council.



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

All residents are encouraged to attend!

CASSELLHOLME FAMILY COUNCIL

Family Council meetings are held the **first Tuesday of each month at 2 pm in the Garden Room** (unless otherwise posted). Check the Family Council bulletin board beside the Garden Room (in the main hall) for any changes. 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 or email her at
duchesnej@cassellholme.on.ca



400CLUB 400 OLIVE STREET

Join the CLUB...
keeping minds, bodies
And spirits active!

400CLUB is specially designed for those with physical challenges and/or memory issues. It's hosted by talented, caring professionals and volunteers.

Message to Caregivers

- Are you caring for someone with mobility issues, dementia or memory loss?
- Would you like some extra time to get the groceries done, or catch up with friends?
- Sign your loved one up for the 400CLUB today!

To join, you must be 18 or older and need assistance with mobility or other activities of daily living.

400CLUB requires a referral from the LHIN
[Local Health Integration Network].

You can reach them at
705-476-2220

For more information contact
Tel: 705-474-4250
E-mail: 400CLUB@cassellholme.on.ca
www.cassellholme.ca/400CLUB



HAPPY GRANDPARENT'S DAY!

Saturday September 7, 2019

2:00 p.m.

Auditorium

Families are welcome to bring in their children and their favorite teddy bear for a Teddy Bear Picnic!



Picnic snacks & drinks will be served

Music by Pat Dunn



BRATS & BEER BASH

Join us for Bratwurst & Beer

Saturday September 28, 2019

2:00 p.m.

Auditorium

Music by Pat Dunn

Fall Social

Saturday September 21st, 2019

2:00 p.m.

Auditorium



Music by Daniel Currie

TV B-I-N-G-O

Cassellholme residents and families are invited to play TV BINGO.

Bingo is held every Wednesday night at 7:00 p.m. 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.



What's Happening at Cassellholme?

Watch for our monthly resident activity calendars to see upcoming events, entertainment & activities!

Visit our NEW Website!

www.cassellholme.ca



Attention all Residents!!

Join us in the Auditorium once a month for Sip & Paint!!

Follow along while the talented Jen guides you step-by-step through the spring/summer themed paintings.

We provide all the painting supplies, refreshments, and a great time!



NO EXPERIENCE
NECESSARY!

Jimmy's Old Time Radio Show



October 17th, 2019

6:45 p.m.

Auditorium



HALLOWEEN PARTY

Come share in the fun at Cassellholme's Spooktacular

Halloween Costume Party!

Thursday October 31, 2019

2:00 p.m.

Auditorium



Residents & Staff are encouraged to dress up!



Health Conditions & Falls

It is important to be aware of all health conditions because they may make your loved one more likely to fall.

Many conditions can cause muscle weakness, dizziness, balance problems, slowed reactions and light-headedness. These signs are all risk factors for fallings.

Conditions that can increase the risk for falls:

- Heart conditions
- Diabetes
- Parkinson's disease
- High or low blood pressure
- Depressions
- Dementia

Tips to prevent falls:

- Ask the doctor if any health conditions may increase the risk for falling and how to help prevent this
- Ask if exercise will help the health condition
- Encourage taking part in social activities
- Promote keeping hydrated

RESIDENT SURVEYS

Resident surveys were sent out by mail and email (*to those who have provided email*) on August 15, 2019.

Please complete and return to Cassellholme by the **deadline of September 30, 2019.**

Thank you
Your feedback is important!



CASSELLHOLME

Compassionate care for life's journey.

The Wall of Memories will include a collection of personalized plaques recognizing memories and milestones of your choosing. These personalized plaques will allow you and your family to celebrate your loved one's time at Cassellholme (eg. a special birthday, anniversary, etc.)

What is Cassellholme's Celebration Wall?

Cassellholme's Celebration Wall is a commemorative project created with the intention of monumentalizing the memories and milestones of our residents and their loved ones, as well as Cassellholme employees and volunteers.

What will the plaque look like?

Plaques will be in one of five colours based on your donation amount: Bronze (\$100-\$199), Silver (\$200-\$299), Gold (\$300-\$499), Platinum ((\$500-\$999), Diamond (\$1000 +)

What is Cassellholme's Charitable Foundation?

The Cassellholme Charitable Foundation is a not-for-profit registered charity established to help address the shortcomings from ministry funding allotted to Cassellholme by purchasing items and funding programs which help seniors maintain their independence and quality of life.

The Wall of Memories will be located in the Main Hall, sometime in late September. If you wish to donate, please complete the donation form to the right.

"We don't remember days, we remember moments."

Charitable Foundation – Celebration Wall – Donation Plaques "Wall of Memories"

DONATION FORM

Donation Amount \$ _____

Method of Payment: Cheque ☐ Cash ☐

(Please make cheque payable to Cassellholme Charitable Foundation)

Name: _____

Address: _____

Phone #: _____

Message to be written on the Plaque:

Donations may be dropped off at the Cassellholme Administration Office or mail to the following address:

**Cassellholme Charitable Foundation
400 Olive Street, North Bay, ON P1B 6J4
Tel: 705-474-4250**

**Cassellholme is a Registered Charitable Organization
Registered Charity Number: 0973354-10**

Your generosity is greatly appreciated!