



# Cassellholme Newsletter

November 2019  
Volume 77

**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.



*Congratulations!*

*Congratulations to  
Cassellholme's Registered  
Nurse, Debbie Ball.  
She won the 2019  
International Award for  
Nursing!*



### Debbie L. Ball, RN, a Registered Nurse with Cassellholme

Get to know Registered Nurse, Debbie L. Ball, who serves patients in North Bay, Ontario, Canada.

With over 30 years of experience as a registered nurse, Debbie specializes in several areas in her field, including obstetrics, geriatrics, palliative care, and long-term care, to name a few. She is currently working with the elderly at Cassellholme, an assisted living facility in North Bay, Ontario, Canada. There, she serves as a supervisor, taking care of 240 residents and helping them to maintain comfort and dignity at the end of their lives.

When she was very young, she decided that she wanted to become a nurse. She went into nursing school with a clear objective - to do the best that she can. And she did, graduating with her nursing degree from Northern College in 1989 at the age of 20. To this day, she remains compassionate and caring with any patient or resident, treating them with dignity, respect, and care.

When asked what motivates her at the start of each day, Debbie answered, "The residents. They keep me motivated. I love taking care of the elderly and this and palliative care is the way I want to end my career when I'm about 75 years old. I've got a lot of fight in me. And I just love my employment."

Attributing her success to her compassion to help others and her thirst for continuous education, she loves learning new things at work every day. She just does her best with her knowledge and applies it all in any type of situation. "I am very versatile and very strong at learning. I had to take 1.5 years off to battle breast cancer and now back full swing at nursing. I worked 23 years at Temiskaming Hospital in New Liskeard, Ontario and then at North Bay General Hospital for 1.5 years. I changed my life to go to long-term care as a retirement option. I love working with the elderly and it's totally a different mindset from hospital nursing" answered Debbie.

A registered nurse (RN) is a nurse who has graduated from a nursing program and met the requirements outlined by a country, state, province or similar licensing body to obtain a nursing license. RNs fulfill a variety of job duties. In addition to their primary role in treating and caring for patients, their responsibilities also include educating patients and the public about a variety of medical conditions, as well as providing emotional support and advice to the families of their patients. Other RN job functions include performing diagnostic tests and analyzing results, operating medical equipment, administering medications, recording patients' symptoms and medical histories, and assisting with patient rehabilitation and follow-up.

When she is not helping patients, Debbie enjoys taking care of her grandchildren.



## GENERAL STORE New Hours

The General Store will be changing their hours of operation, effective December 1, 2019.

The new hours will be:

**Monday – Friday**  
9:00 a.m. – 4:00 p.m.

**Saturday & Sunday**  
11:00 a.m. – 2:00 p.m.

## What is Influenza (flu)?



The flu is a common respiratory illness caused by a virus. The virus 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!**

**Income Tax Receipts**

An income tax receipt/credit letter will be mailed out in January 2020.

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

**Reminder:** Please bring in the Notice of Assessment for the 2019 year once received, if annual income is below \$24,483.72



Christmas Decorating Day  
November 25, 2019



### 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!**

### GENERAL STORE ~ Holiday Hours ~

Wednesday  
December 25, 2019

Christmas Day – CLOSED

Thursday  
December 26, 2019

Boxing Day – CLOSED

Wednesday  
January 1, 2020

New Year's Day – CLOSED



December 3, 2019

6:45 p.m.

Cassellholme Auditorium



Representatives from the Royal Canadian Legion, Ontario Provincial Command Branches and Ladies Auxiliaries Charitable Foundation, presented Cassellholme with a donation of \$5000.00.

This donation will be used to purchase new high intensity needs mattresses for Cassellholme residents.

*Thank you*

## 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 Services / Activity Team Leader

Tel: 705-474-4250 ext. 244

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



Meetings are held the 4th Thursday of  
Every Month

@  
12:00 noon  
Auditorium

Residents are encouraged to attend!

Resident Council

## VOLUNTEER GALA

Thursday December 5, 2019  
5:30 p.m. – 7:30 p.m.  
Cassellholme Auditorium

*Thank You  
Volunteers!*

# CHRISTMAS Party

ACT Christmas Party

December 14<sup>th</sup>, 2019 - 2:00 – 3:00 p.m.

## Christmas Light Tours December 16 - 18, 2019



# HAPPY NEW YEAR! 2020

## New Year's Eve Party

December 31, 2019  
2:00 p.m. – 3:00 p.m.



### 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 22<sup>nd</sup>, 2019  
7:00 p.m.  
Auditorium

Family & Friends  
are Welcome to  
Attend!

## *Christmas Party*

### Maple Street

Sunday  
December 22<sup>nd</sup>, 2019  
2:00 p.m.  
Auditorium

Family & Friends  
are Welcome  
to Attend!

## Willow Street Christmas Party

Saturday  
December 21<sup>st</sup>, 2019  
2:00 p.m.  
On the Unit

Family & Friends  
are Welcome to  
Attend!

## Birch/Cherry Lane Christmas Parties!

Saturday  
December 21<sup>st</sup>, 2019  
7:00 p.m.  
On the Unit

Family & Friends  
are Welcome to  
Attend!

