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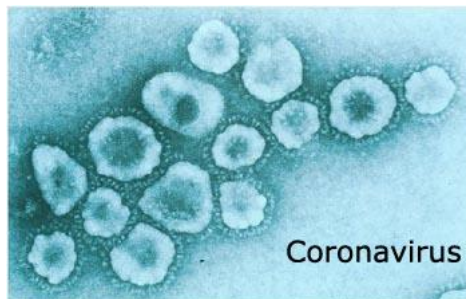
Plus so much more....

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.



Coronavirus

WHAT
YOU
NEED
TO
KNOW?

There has been an abundance of information recently about the novel coronavirus.

Cassellholme is carefully reviewing the information provided by the Ministry of Health, Public Health and Advantage.

The North Bay Parry Sound District Health Unit is also a source of information and guidance. Any necessary measures have been and will continue to be put in place.

It is important to know that the NOVEL coronavirus is what is causing the serious illnesses at this time.

Other strains of coronavirus circulate regularly and cause common, less serious respiratory illness, including outbreaks at Cassellholme.



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

**Friday
April 10, 2020**



**Monday
May 18, 2020**

**DID YOU
KNOW...**

Cassellholme has a
Charitable Foundation!

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

Eligibility for this Service:

Single Person:

Income less than \$35,000.00

Couple:

Combined income less than \$45,000.00 (interest less than \$1000.00)

www.cra.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 Cassellholme Auditorium on:

Date to be Determined (*information will be posted*)

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
- 2018 Tax Return
- 2019 Tax Form

Reminder: Residents applying for a Rate Reduction must submit their 2019 Notice of Assessment to Debbie Pigeon - no later than June 1, 2020

CASSELLHOLME

Compassionate care for life's journey.

The Following items are welcomed into Residents Room

- 1 Standup dresser (**max 48" H x 30" W**)
- 1 Small fridge (**max 19" H x 18" W** - families are responsible to clean on a regular basis)
- 1 Chair (**appropriate to the size of the room**) please check with RN/unit coordinator to see if the room can accommodate.
- 1 Television (**max 25" on the wall 40" on a dresser**)

*****Please call Reception at 221 should you have any questions*****

Spring
Forward
d



Sunday
March
8th
2020



IT'S TIME TO APPLAUD
THIS COUNTRY'S
VOLUNTEERS.

NATIONAL VOLUNTEER WEEK 2020
APRIL 19-25 • #NVW2020
VOLUNTEER.CA/NVW2020

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. 244 or email her at
duchesnej@cassellholme.on.ca



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!



Wine & Cheese



March 7, 2020

April 4, 2020

May 2, 2020

May 30, 2020

2:00 p.m.
Auditorium
Music with Pat Dunn

FRIDAY THE 13TH SOCIAL

March 17, 2020

2:00 p.m.

Auditorium

Music with Mike Duenkel

Happy Friday the 13th
Don't walk under any ladders, don't break any mirrors, don't spill any salt, don't open an umbrella indoors, don't pick up a penny facing down and don't walk by any black cats.

The DIAMONDS

Special Entertainment

May 28, 2020

2:00 p.m.

Auditorium



Spring Social

Spring Has Sprung!

March 27, 2020

2:00 p.m.

Auditorium

Music with Daniel

St. Patty's Day Pub
March 17, 2020



2:00 p.m.
Auditorium
Music with Pat Dunn

Family and friends are invited to join us for our Easter Tea on

Saturday April 11, 2020

2:00 p.m.



Mother's Day Tea



May 9, 2020

2:00 p.m.

Auditorium

April Showers Social

April 15, 2020

2:00 p.m.
Auditorium

Music with Pat Dunn



Signs are now posted on resident closets to identify that family does resident's laundry.





Dementia and Falls

Persons with dementia are 2 to 3 times more at risk for a fall.

Your loved one has a higher risk for falls if they:

- Have a history of falls and/or poor balance.
- Are taking 3 or more medications which may reduce balance and reaction time.
- Get dizzy when going from sitting to standing
- Have trouble carrying out everyday activities, such as getting dressed.
- Have a change in walking patterns (walking slower, taking shorter steps, and taking fewer steps).
- Are agitated, which may be due to being confused or afraid.
- Are not aware of hazards in the environment such as obstacles and clutter.
- Have declining attention, direction, memory, problem-solving, depth perception and contrast sensitivity.

- Are losing their judgement (e.g. forgets how to go up or down stairs, wandering, etc.).

How to help reduce falls inside the Long-Term Care Home:

- If you notice your loved one is becoming forgetful, notify the nurse about changes.
- Encourage your loved one to take part in group exercise.
- Keep important items within reach on their bedside table to prevent wandering.
- Have visual cues, such as signs, to reduce confusion and agitation.
- Encourage your loved one to use their walker, cane, etc.



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!