

# THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

August, September 2011



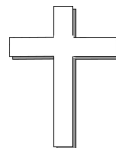
*From the Desk of  
Barbara Tremble Cook  
Executive Director*

Thank you... is the first word that comes to mind this summer. We are thankful for the staff, students and volunteers who are caring for the residents. Life and care do not stop in the summer. Recently reading a thank you note from a resident's family with recognition to staff for the wonderful care, it again reminds us of the importance of kindness and respect. Have you been reading Martin Latulippes' articles in the Times and Transcript? I had the opportunity to hear Martin speak at an annual meeting so I am interested in his articles. A recent article was entitled "do you have the courage it takes to be kind in life?" His fourth point was to apply and use the following steps to live with a kind heart: We must have an attentive heart that recognizes the needs of others, take actions that are kind, authentic, enthusiastic and courageous, our actions must demonstrate compassion, gratefulness and patience, be courageous and never bother with what people think about your kindness and act at all times and be spontaneous.

We have employed a Disability Manager, Maurice St Pierre BSc BScPT. We welcome Maurice and are pleased to have him assist us with staff injuries. He has the knowledge and expertise to understand what our staff requires to treat an injury. We are supporting early intervention and treatment for our injured workers. Maurice will also assure a safe return to work. Many of our team has worked diligently to support a safe and healthy workplace through education and with equipment. Prevention is the best treatment!

Accreditation 2012 is an opportunity for us to compare our practice to national standards for long term care facilities. We invite you to participate in the Accreditation Surveys set up in the Meeting Room Section one and the Conference Room in Section 2. Client safety and Work life surveys provide us with valuable feedback. Client safety is everyone's responsibility and we practice this everyday in different ways. Work life is important to everyone. I do realize it takes an effort to complete surveys. I did mine first to assure they are quick and accessible. They are confidential surveys. Thank you for your participation!

*Together We Care  
Barbara*



## *In Need of Mercy*

The subject of "mercy" has been a reoccurring issue in the lives of several people I have interacted with in recent weeks. I thought it would be good to show something of this topic in this issue of the newsletter. The author is unknown and I think sometimes God plans it that way; that the issue and not the author is front and center.

*The Lord is compassionate, and when you cry to Him for help, He will answer you.*

*Isaiah, 30:18 Good News Bible*

**According to a traditional Hebrew legend, Abraham was sitting by his tent one evening when he saw an old man walking toward him. He could tell long before the man arrived that he was weary from age and travel. Abraham rushed out to greet him, and then invited him into his tent. He washed the old man's feet and gave him something to drink and eat.**

**The old man immediately began eating without saying a prayer. Abraham asked him, "Don't you worship God?" The old traveler replied, "I worship fire only and reverence no other god." Upon hearing this, Abraham grabbed the old man by the shoulders and threw him out of his tent.**

**The old man walked off into the night and after he had gone, God called to His friend Abraham and asked where the stranger was. Abraham replied, " I forced him out of my tent because he did not worship You." The Lord responded, "I have suffered him these eighty years although he dishonors Me. Could you not endure him one night?"**

**Do you know someone who needs to experience your mercy as a tangible expression of the mercy God is extending to him or her? Don't turn them away; take them in.**

*'From Gods Little Lessons on Life' book  
Copyright 1998, 2001 by Honor Books*

*Pastor Scott Ryder  
Director, Pastoral Care*

## My, How Times Have Changed



Big bands were all the buzz of the entertainment industry in the beginning of the 1940's. They dominated the entertainment world—Glen Miller, Tommy Dorsey, Duke Ellington just to name a few. Bing Crosby, Frank Sinatra, Dinah Shore and Perry

Como led the hit parade. The entertainers were listened to on radio; the lifeline for Americans. It was where they got the current news, weather, sports, music and entertainment programs but through the late 1940's and early 1950's a new means of entertainment was catching on — TV.

Though TV made a debut at the 1939 World Fair, the war interrupted development and at the end of the second world war, there were only about 5000 TV sets in American homes. These were black and white and had a five inch screen. By the early 1950's, 17 million had been sold. Many of radio's popular shows moved over to television including Bob Hope, Red Skelton, Ed Sullivan and Jack Benny.

Currently, it is estimated that 99% of households have at least one television; the average U.S. Home has two or more and 66% have three or more. In the US alone, 250 billion hours of TV is watched annually. Today's TVs are a far cry from the 5" screens we started with as they measure 60" wide or more.

Today, the majority our younger generation's connection with the outside world is through a 'smart phone'. These number in the billions worldwide and you can have *up to the second* information, talk to a friend, listen to music, read a book or watch TV using one of them.

Are we better informed or entertained today? I am not sure. Remember when you gathered the family together around the radio or the black and white TV to catch up on the local news, listen to or watch The Lone Ranger, Jack Benny, or be there as a world event unfolded such as the coronation of Queen Elizabeth II on June 2, 1953. (this was filmed and broadcast on CBC)

Technology gave us bigger, clearer, TVs and both TV and radios that get their signals from satellites so we may have programming from anywhere in the world as it happens, but is this better than Arthur Godfrey, I Love Lucy, Jackie Gleason, Gunsmoke or Dragnet?

**That is the \$64,000 question.**

### NEW EMPLOYEES

June, July 2011

Julie Solomon, LPN  
Erica Petipas, RA  
Lori O'Shea, LPN  
Brandi Daigle, RA  
Natasha Poirier MacKinnon, RN  
Bobbi Jo Lynn Hiltz, Dietary  
Ashton Saulnier, Dietary

Naomi Stoddard, RA  
Winona Hansen, RA  
Sylvie Rouselle, RN  
Cheri Patterson, RA  
Christine Richard, RA  
Lacey Kelly, Dietary  
Kimberley Cohoon

We are pleased to welcome Margaret Meier to the position of Nurse Manager.

Margaret is a graduate of Dalhousie University in Halifax where she achieved her BScN. She brings a wealth of knowledge and experience with over 25 years nursing in acute care (surgery, medicine and palliative care) and long term care. She has several years experience specializing in patient safety/quality improvement and an in-depth knowledge of Accreditation Canada's standards and requirements.

Welcome Margaret, we all look forward to working with you!



### K. E. SPENCER MEMORIAL HOME

**MISSION STATEMENT:** The mission of the Kenneth E. Spencer Memorial Home Inc is to ensure the quality of life of persons requiring long term care in southeastern NB.

**VALUES STATEMENT:** All our decisions, actions and behaviors are based on  
**CARING, RESPECT, INTEGRITY, EXCELLENCE, SAFETY.**

**VISION STATEMENT:** Our Vision is a Nursing Home where residents experience life to its full potential.

# Celebrate Life



*With  
Marie  
Bujold*

Marie Ida Theresa Bujold was born on December 10, 1936 in Campbellton, New Brunswick. She was given her name "Marie" from the famous Englishwoman Marie Simpson whom King George V wished to marry. Their marriage was not allowed as she was divorced so he abdicated the throne in order to wed her. Her maiden name is Shalala, which is of Lebanese descent. Her parents are David and Laura Shalala. For a while her father worked at a mill as well as Henderson's Drugstore and eventually opened up his own store called Shalala's Drug Sundries. Her mother stayed at home until her father passed away. It was at that time her mother began to work in the store. Marie has one brother, David, who worked in the post office in Campbellton.

As a child she enjoyed playing with her friends and her dolls, which she had lined up on the side of her bed, "leaving hardly enough room for me!" she tells us. She also enjoyed outdoor activities including hide-and-go-seek, kick the can, school, skating and curling, and also loved her black and white cat, Fluff.

She grew up in Campbellton in a 3-bedroom house that her father built, and then moved on her own to St. Jean, Quebec to live with her aunt in a small rented 2-bedroom house to take a year course in French. Her family would usually go to her grandmothers, about thirty miles away from Campbellton, for vacation because they could never go too far as her father always had to work.

She claims that as a child she was a good girl; however, she does recall one night when she really wanted to go to a dance that was ten miles away from her home and her father would not let her go. When he went to bed, which was always early, her mother allowed her to go and she was back home before her father woke up! And if she ever had a boyfriend over her father made sure they kept the light on as she was not allowed to sit in the dark with a boy.

As a teenager, Marie loved going to dances, movies and shows. She loved to go square dancing to fiddle music, and also loved swimming. Her dates with boys from her school, would usually be going to movies. She never had any jobs as a teenager.

While in Quebec, her father became ill and passed away leaving the store in the hands of just her mother. Marie ended up coming back to Campbellton to help her mother at the store. In 1968, her friend who lived in Moncton invited her to a corn boil and though she did not know the people who would be there, she went and this is where she met her future husband, Edward Bujold.

It was comical because when they met at the party, she could hardly speak French and he could hardly speak English! They had a great conversation that night and he invited her to a show the next night, and "the rest is history." She was 27 years old when she met him, and they were married when she was 31.

There was not a real proposal of marriage, "we just kind of fell into it." He had said, "Well, we've been going out for three years, did you want to get married or did you not want to get married" and of course she did. And so they were, and she claims that her mother loved him so much that "she would have married him too."

They honeymooned at Old Orchard Beach in Maine for a week, enjoying nice white sand and big waves. They stayed for only one week because they had to get back to her husband's business; a golf garage business. As a married couple, they camped all the time, mainly in Shediac during the Lobster Festival with his brother. "We were always together" she says. They have two children together; Christopher and Michelle and two adopted children, a girl Michelle adopted at 6 months and a boy Christopher who was 9 months old. She wanted to have a third child but her husband felt two was enough. Marie loves adoption because she believes there are too many children without homes, and that she is happy she adopted her two as she "loved them just as our own."

They lived at her mother's in a basement apartment for three years, and then moved to Quebec. When her mother became ill and had to go to Edmunston for dialysis, Marie and her family had to move back to take care of the house. Her mother died and left the house to Marie and her brother David.

David was not interested in the house so Marie purchased his share and kept the house where she and her husband stayed until they moved to a more affordable house on George St, in Campbellton where her son and his baby also lived. Later they moved to another apartment so there was less work for her husband to do. After a while her husband found it too hard to keep up with the housework and they moved into a nice basement apartment for two years.

Her husband, who had cancer for seven years, became ill with pneumonia and passed away on August 1<sup>st</sup>, 2010.

Throughout her life, Marie worked as a secretary for St. Laurence Chemical, helped her mother at the store, and also worked as a secretary at a loan company.

When asked about family traditions, Marie was proud to say that they always had family over for big meals during the holidays. All of her relatives would come over for a turkey dinner, that she prepared, during Christmas and her husband's family would come over during New Years.

At Spencers, Marie enjoys sitting out in the sun and playing Monday-night Bingo. She can also be seen watching television, reading a good book, or enjoying a visit with her son.



# AROUND OUR HOME



Plant Sale June 3rd and 4th resulted in over \$1,000.00 which will be spent to purchase plants for the gardens surrounding our home.

**THANK YOU TO OUR GARDENERS !!!!**

Nursing Home Week June 5th – June 11th  
 Pictured below is Sherry Wilson, MLA for our area with Marguerite and Warren Corey, residents of our home. Sherry visited on Monday and helped with transporting and resident dining.



**JUNE 5 - 11, 2011**



N.B. Premier Alward signing the 2011 Nursing Home Week Declaration  
 (l-r: Michael Keating (NBANH Executive Director), Hon. Sue Stultz (Minister Social Development), Premier David Alward, Brian Harris (NBANH President))



**Photo on left:** Danny Prosser, Spencer Home Maintenance and Roland Rackham, Board Chair of The Spencer Home Foundation, prepare to serve ice cream cones to residents, guests and staff of Spencer Home in celebration of Nursing Home Week.





**Day Program Gardeners**

Day Program Gardeners: On the left is Mary Smith, center is Warren Jones and on the right Len LeBlanc

Coffee Club Members enjoying a lunch of Fish & Chips L-R Robert McFarlane, Murray McKiel, Karl Berry



**Dietary Staff Safety Award**

Our Dietary Department was recently recognized for their diligence in workplace safety. For this they received The Jeff Hart Memorial Occupational Health & Safety Award.. Photo at top left: Paul Higgins, Aramark District Manager, Food Service and Cheryl Berry, Operations Manager. The bottom left photo is our Dietary Department; back row: Jill LeBlanc, Debbie Collier, Lynn Rogers, Natasha Hopper, Carla Leach, Shelly Brideau, Irene Jeffrey, Joanne Jones, Front Row: Lacey Kelly, Maria Cyr, Tracey Crossman, Cheryl Berry, Pat Price, Greg Cameron. **CONGRATULATIONS!**







# U-First!

**R = Reflection and Reporting**  
**My time to think about what I've learned about the person, the meaning of the behavior, and how what I share improves care.**

Reflection and Reporting explores three main concepts. Begin your exploration with the question:

***“What do others need to know from me to improve the care plan?”***

Think about the person’s response to care.

Think about important points to share with other partners in care.

Think about next steps.

***“What do I stop, start, continue doing?”***



## *Back in Form Program*

A Pivot Transfer is NOT A LIFT, but designed to maintain mobility of the resident. To participate in a Pivot Transfer the resident must have upper body strength, be able to sit independently at the side of the bed and be able to weight bear. Often the resident also uses a mobility aide such as a cane or walker. The care giver, in the ready position (knees bent, back straight) acts as a guide to cue the resident with this transfer.

In supporting Safety of the residents & staff, we DO NOT physically lift residents. Mechanical lifts (standup, ceiling lifts) are available for residents who do not have the abilities to do a Pivot Transfer.

## **INFECTION CONTROL**



Hand Hygiene audits are part of our Accreditation and it is an ROP (Required Organizational Practice) and these must be met to be Accredited.

### **Clean Care is Safer Care**

The goal of Clean Care is Safer Care is to ensure that infection control is acknowledged universally as a solid and essential basis towards resident/staff safety and supports the reduction of health care-associated infections and their consequences.

As a global campaign to improve hand hygiene among health-care workers, **SAVE LIVES: Clean Your Hands** is a major component of Clean Care Is Safer Care. It advocates the need to improve and sustain hand hygiene practices of health-care workers at the right times and in the right way to help reduce the spread of potentially life-threatening infections in health-care facilities



# LifeTimes

## 10 NUTRITION TIPS FOR SHIFT WORKERS

Shift work means working outside the usual 7 am to 6 pm time period. Three out of every ten Canadians work shifts. You may work straight nights, straight afternoons or rotate different shifts. Working shifts can upset your body's "internal clock." Your internal clock tells your body to be awake during the day and to sleep at night.

When you work shifts, you may find it hard to know when and what to eat. It may also be hard to find enough time to exercise regularly. Maybe you have already experienced some of these common problems:

- Change in your appetite
- Trouble falling asleep or getting a good night's sleep
- Weight loss or weight gain
- Constipation, diarrhea, gas
- Indigestion, heartburn or stomach ulcers
- High blood pressure
- The good news is that by eating well and keeping active you can avoid some of these problems. Follow these nutrition tips to stay healthy, alert and feel your best. at work and when you are at home.

### STEPS YOU CAN TAKE

1. Eat your "main meal" before going to work..
2. Pack your own healthy snacks; avoid vending machines.
3. Avoid fatty, fried or spicy foods.
4. Avoid sugary foods and drinks.
5. Take your time eating; you deserve your break, so enjoy every single bite of your meals and snacks.
6. Stay well hydrated; drink plenty of water as it may help you stay alert and not feel so tired during your shift.
7. Watch the caffeine; Caffeinated beverages can help you stay alert but don't consume more than 400mg of caffeine a day. (about 4 small sups of coffee).
8. Avoid alcohol.
9. Have a light snack before bedtime.
10. Stay at a healthy body weight.

### SPECIAL CONSIDERATIONS

- ✓ Stick to your routine; try to eat and sleep around the same time on your days off as if you were working your shift. That way your internal clock stays on schedule.
- ✓ Eat together whenever possible with your family. Mealtimes are a great time to connect with each other.
- ✓ Keep active to improve your mood, stay fit, manage stress, sleep better and re-energize yourself while at work.
- ✓ Take a stretch break by walking up a few flights of stairs or going for a brisk walk.
- ✓ Stay in touch with your spouse & children every day. Plan vacation days in advance to attend family activities and events.

Caffeine can stay in your system for up to 8 hours and this can affect your sleep. Switch to decaffeinated drinks, unsweetened herbal tea or water about four hours before bedtime.

#### Caffeine Content (per 250 mL cup)

Coffee	125-146 mg
Decaf Coffee	3-5 mg
Tea	33mg
Herbal Tea	0 mg
Cole (1 can)	38-64 mg
Energy Drink (1 can)	80 mg

From Dietitians of Canada

## On Our Calendars

Aug 1	New Brunswick Day
Sept 5	Labor Day
Set 12-16	Active Living Week (Staff Appreciation events)
Sept 30	Shelly Anne Uniform Sale
Sept 30	ACCREDITATION SURVEYS COMPLETION DEADLINE



## EMPLOYEE ASSISTANCE PROGRAM

Effective March 1, 2010 our Employee Assistance Program is through Ceridian – Lifeworks. This provides professional counseling and support for all of our employees 24 hours a day, seven days a week. Spencer Home has two employees who champion this:

Debbie Ogilvie & Laura Small.

### To contact Lifeworks call:

1-877-207-8833 (English)

1-877-307-1080 (French)

OR

Visit the Lifeworks website: [www.lifeworks.com](http://www.lifeworks.com)  
and enter our user ID and Password

User ID: NBANH

Password:  
WELLNESS

LifeWorks



## ...CAUTION...ATTENTION...CAUTION...

It is our policy to remove slings from under residents who use ceiling lifts once they are up in their chairs. This work practice supports the resident's dignity, comfort and skin integrity.

A request for assessment by Rehab Support/OT is required if there are concerns with removal of the sling and staff identify that the resident would benefit from having the sling left in place when in their chair. Refer to Policy # N22542.

Please remember to wear your hat!



# REQUIRED ORGANIZATIONAL PRACTICES

## OVERVIEW



ACCREDITATION CANADA  
AGRÉMENT CANADA

*Driving Quality Health Services  
Force motrice de la qualité des services de santé*

Accreditation Canada defines a Required Organizational Practice (ROP) as an essential practice that organizations must have in place to enhance patient/client safety and minimize risk.

In the Qmentum accreditation program, ROPs are vital components of patient safety and quality improvement.

ROPs are reviewed annually and updated as required. New ROPs are developed as recommended by expert advisory committees and field-specific consultation.

ROPs are categorized into six patient safety areas, each with its own goal.

- **SAFETY CULTURE:** Create a culture of safety within the organization.
- **COMMUNICATION:** Improve the effectiveness and coordination of communication among care/service providers and with the recipients of care/service across the continuum.
- **MEDICATION USE:** Ensure the safe use of high-risk medications.
- **WORKLIFE/WORKFORCE:** Create a worklife and physical environment that supports the safe delivery of care/service.
- **INFECTION CONTROL:** Reduce the risk of health service organization-acquired infections and their impact across the continuum of care/service.
- **RISK ASSESSMENT:** The organization identifies safety risks inherent in its client population.

Accreditation Canada began developing ROPs in 2004 under the leadership of its Patient Safety Advisory Committee. Initial work includes national and international literature reviews to identify major patient safety risk areas and best practices, analysis of patient safety-related accreditation on-site survey results and compliance issues, and research into related activities in other international accrediting bodies. Before being released to the field, each ROP is then subject to extensive testing, consultation, and feedback from expert advisory committees, client organizations, surveyors, and other stakeholders such as governments and content experts.

## Working Together...



**YOU** can make a difference!

Have you completed the **Worklife Pulse Tool** yet?

**All staff please complete this survey before September 30, 2011**



Driving Quality Health Services

## Working Together...



**YOU** can make a difference!

Have you completed the **Patient Safety Culture Survey** yet?

**All nursing, housekeeping staff are asked to complete this survey before Sept. 30.**



Driving Quality Health Services



# Out Fishin'

Author: Edgar A. Guest

A feller isn't thinking' mean,  
Out fishin';  
His thoughts are mostly good an' clean,  
Out fishin'.  
He doesn't knock his fellow men,  
Or harbor any grudges then;  
A feller's at his finest when  
Out fishin'.

The rich are comrades to the poor,  
Out fishin';  
All brothers of a common lure,  
Out fishin'.  
The urchin with the pin an' string  
Can chum with millionaire an' king;  
Vain pride is a forgotten thing,  
Out fishin'.

A feller gits a chance to dream,  
Out fishin';  
He learns the beauties of a stream,  
Out fishin';  
An' he can wash his soul in air  
That isn't foul with selfish care,  
An' relish plain and simple fare,  
Out fishin'.

A feller has no time fer hate,  
Out fishin';  
He isn't eager to be great,  
Out fishin'.  
He isn't thinking' thoughts of pelf,  
Or goods stacked high upon a shelf,  
But he is always just himself,  
Out fishin'.

A feller's glad to be a friend,  
Out fishin';  
A helpin' hand he'll always lend,  
Out fishin'.  
The brotherhood of rod an' line  
An' sky and stream is always fine;  
Men come real close to God's design,  
Out fishin'.

A feller isn't plotting schemes,  
Out fishin';  
He's only busy with his dreams,  
Out fishin'.  
His livery is a coat of tan,  
His creed— to do the best he can;  
A feller's always mostly man,  
Out fishin'.



Submitted by David Creighton, Spencer Home Board Member

# ADAPTIVE CLOTHING

## Adaptive Clothing – What is it?

Adaptive clothing is clothing that has been designed for easier dressing. For residents this minimizes awkward joint movements, pain and discomfort. For staff it reduces awkward postures and forceful exertions when helping a resident get dressed.

Adaptive clothing looks and feels like regular clothing. The main difference is how the clothes are put on the body. Adaptive clothing tends to be roomier than normal clothing, has elastic waistbands, uses snaps and is designed with larger openings. Clothing comes in various styles from nightdresses to pants with specialized side openings.

## Why is Adaptive Clothing needed?

Dressing is an important part of our lives. Looking nice promotes self esteem leading to increased quality of life. Unfortunately dressing someone who requires total assistance is physically and mentally stressful. Staff is at a high risk of injury. Adaptive clothing aims to reduce the physical strain for staff and minimize frustration and stress for residents.

## Benefits of Adaptive Clothing?

### *Residents:*

- Minimizes awkward and painful movements.
- Helps reduce emotional stress associated with the fear of being moved. Residents may be less anxious or irritated when being positioned less

- Looks and feels like “regular” clothing. Maintains dignity.

### *Staff:*

- Reduces physical strain associated with resident handling during dressing.
- Designed to be easier to put on reducing dressing time.
- Allows for easier dressing when using mechanical lifts.

### *Facility:*

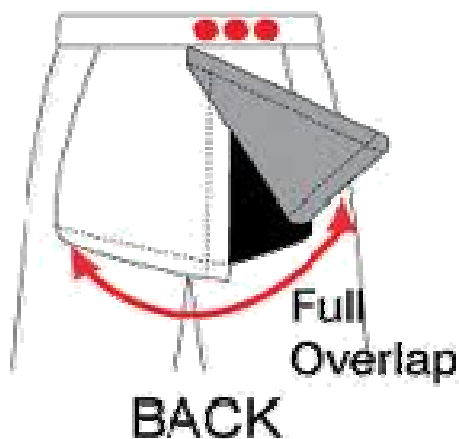
- Improves quality of life.
- Cost effective method for reducing resident handling injuries.
- Positive dressing experiences.

## How do you obtain Adaptive Clothing?

Some regular clothing can be modified by a seamstress. Clothing being considered for modification must have ample room to allow for proper overlap or extra material may have to be added.

*Adaptive clothing can be purchased from a number of companies.*

*For more information see Mary Bourgeois*





## A Child's View of Thunderstorms

A little girl walked to and from school daily. Though the weather that morning was questionable and clouds were forming, she made her daily trek to the elementary school. As the afternoon progressed, the winds whipped up, along with lightning. The mother of the little girl felt concerned that her daughter would be frightened as she walked home from school and she feared the electrical storm might harm her child. Full of concern, the mother quickly got into her car and drove along the route to her child's school. As she did, she saw her little girl walking along. At each flash of lightning, the child would stop, look up, and smile. Another and another flash of lightning followed quickly and with each, the little girl would look at the streak of light and smile. When the mother's car drew up beside the child, she lowered the window and called to her 'What are you doing?' The child answered, '*I am trying to look pretty because God keeps taking my picture.*'

May God bless you today and everyday as you face the storms that come your way with a smile.



## Slow Me Down, Lord

*Slow me down, Lord!*

Ease the pounding of my heart, by the quieting of my mind.

Steady my harried pace with a vision of the eternal reach of time.

Give me, amidst the confusions of my day, the calmness of the everlasting hills. Break the tensions of my nerves with the soothing music of the sighing streams that live in my memory.

Help me to know the magical restoring power of sleep.

Teach me the art of taking minute vacations of slowing down to look at a flower; to chat with an old friend or to make a new one; to pat a stray dog, to watch a spider build a web; to smile at a child; or to read a few lines from a good book.

Remind me each day that the race is not always to the swift; that there is more to life than increasing its speed.

Let me look upward into the branches of the towering oak and know that it grew slowly and well.

Slow me down, Lord, and inspire me to send my roots deep into the soil of life's enduring values that I may grow toward the stars of my great destiny.

Wilferd A. Peterson

***Available: Last  
Week of August***



## Johnny's Coupons

Saving You Money Everyday

SAVE THOUSANDS OF DOLLARS  
with Buy 1, Get 1 FREE Coupons.

**ONLY 200 OF THESE BOOKS HAVE BEEN ORDERED**

If you would like to pre-order, please contact Cheryl Berry ( Ext 118) or Mert Garland (Ext 106) or add your name to the sign up sheet on staff bulletin board and you will be the first to get your 2011-2012 books.

**THE NEW BOOK WILL BE EFFECTIVE  
AUGUST 2011 UNTIL END OF OCTOBER 2012.**

**MAKES A  
GREAT GIFT**

# OCTABAND

What is that? Putting Best Practice into recreation programs.

Have you seen the colorful octopus like activity that the Recreation Department is now implementing?

It's the Octaband! This is a fun, interactive tool which promotes individuality and group cohesion through movement for people of all ages and abilities. The stretchy material, bright colors, and innovative design stimulate self-expression, spontaneity, and awareness of others. The center circle provides a strong visual focus, and the loop at the end of each leg allows those with limited grasping ability to participate.

The Recreation Department has purchased an octaband for use with the residents in the home. Some of the benefits of using the octaband are:

- Promoting individuality and creativity
- Inviting inclusiveness
- Reinforcing group cohesion
- Heightening alertness
- Encouraging cooperation
- Focusing attention
- Enhancing liveliness
- Stimulating imagination
- And most of all FUN!





## Eastern College Students—Summer 2011



Eastern College Students—Seated (front) Chelsey K, Jennifer M, Nathalie S, Rita C, Standing Jack D, Lois Lynn (Instructor), Heather T, Tanya M, Sarah W, Amy B, Rob S, Lisa L, Diana B.

### Comments from Students

Thank you for all the great experiences. The staff is great. The time was very educational. - Tanya Murray

Thank you for everything. I very much enjoyed my time while I was here.—Lisa LeBlanc

Thank You for the great time. Everyone was great and my experience here was amazing. XOXO—Jack D.

I appreciate all the wonderful staff I was able to work with on A, C and H wings. I had a great time! XOXO—Chelsey Kennedy, Thanks!

Thank you for the wonderful experience. It was a pleasure. I absolutely loved working on E & H Wing. Thanks again ! - Heather Tucker

Thank you for allowing us to come and learn at your facility.-Rob Savard.

Thank you so much Spencer's for having all of us. Your hospitality and good training, we will never forget! - Diana

Thank you very much Spencer's for welcoming us with open arms. We appreciate all your great tips and tricks of the trade. What an amazing staff!.—Sarah Wadup

My experience at Spencer's was wonderful! The staff was amazingly helpful and the residents welcomed my with open arms. Thanks for everything! - Jennifer Mathison

Thank you so much the staff of Spencer's for showing me how wonderful this place is. I want to give a special thank you to Phyllis, Beth and John on C wing for teaching me a lot and making y experience wonderful. Natalie Sabean

I am so grateful to how, as a student, I was accepted and shown the tips and tricks of the trade. Thank you for all the hospitality.—Amy Buchanan.

I am very pleased with all that I have learned and experienced at Spencer's. All the staff were very pleasant and made me comfortable and very welcomed.—Rita Caissie

A huge thank you to everyone at Spencer Home. You made the students feel so welcomed and allowed them to have a very positive learning experience in a great team environment.—Lois Lynn (Instructor).







## IT'S ~~NOT~~ EASY BEING GREEN

### Vinegar Uses for the Laundry Room

- Washer tub and hoses-remove soap accumulations by running machine for full cycle with pint of vinegar.
- New clothes, linens etc-to remove manufacturing chemicals and new smell odors, add 1 to 2 cups vinegar to first wash before using.
- Perspiration odor and stained clothes-soak overnight in 1/4 C vinegar and enough water to cover or soak in washer or pan, then wash in the morning.
- Clothes final rinse cycle-to help remove static and lint, add 1/2 C vinegar.
- To soften and disinfect fabric, clothes, etc-add 1/4 C vinegar to most loads.
- Fruit and grass stains- dab with straight vinegar within 24 hours to safely remove most stains and spots.
- Musky smells-to remove odor and freshen clean cotton clothes, just sprinkle with vinegar and press.
- Steam iron plate-to eliminate mineral deposits, fill iron reservoir with straight vinegar and allow to steam on rag, then fill with plain water and turn upside down and drain.
- Scorched fabric-gently rub with vinegar, then wipe with clean, white cloth.

From Bragg Apple Cider Vinegar Miracle Health System Book Paul and Patricia Bragg



## Recipe Corner

### Grilled Burritos with Monterey Jack Cheese

#### Ingredients for filling:

- 1 1/3 lb lean ground beef
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 tbsp fresh parsley, chopped
- 1 egg
- 1/2 C breadcrumbs
- 3 oz Canadian Monterey Jack cheese grated
- Salt and pepper to taste
- 10—12 whole wheat tortillas

#### Toppings:

- 4 oz Canadian Monterey Jack cheese grated
- 1/4 C sour cream
- 1 tomato diced
- 8 lettuce leaves
- Preheat grill to medium.
- In a bowl, mix ground beef, chili powder, cumin, parsley, egg, breadcrumbs and Monterey Jack. Season to taste.
- Divide mixture into 10 or 12 portions and form into a sausage shape.
- Place on grill and cook 10-15 minutes with lid closed, turning frequently, until meat is completely cooked.
- Briefly warm the tortillas on grill to soften them.
- Top with meat and Monterey Jack, sour cream, diced tomato and lettuce.
- Roll & serve.

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