

# THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

October, November 2011



*From the Desk of  
Barbara Tremble Cook  
Executive Director*



**“At Times  
Like These”**

At our June meeting of provincial nursing homes we were reminded of the need to refocus on person centered care. There were three speakers who were passionate about identifying and creating a place to live that respected and supported the individual lives of those we serve.

Pioneer Networks is one of the websites you might enjoy. [www.PioneerNetwork.net](http://www.PioneerNetwork.net) I quote a portion from the Culture Change in Practice

“This is an innovation anchored in values and beliefs that return the locus of control to elders and those who work closest to them. Its ultimate vision is to create a culture of aging that is *inclusive, life affirming, satisfying, humane, and meaningful*. Long term care environments become places where elders can continue to live and, most importantly, make their own choices and have control over their daily lives. Although many specific approaches exist the core values that unit them are *choice, dignity, respect, and self-determination*. I noted on their website the value of language or word choices listing the words we sometimes choose versus a better choice.

Planetree [www.planetree.org](http://www.planetree.org) and Eden Alternative [www.edenalt.org](http://www.edenalt.org) are two other websites with similar information. Jane Barratt, International Federation on ageing, our keynote speaker stated we do not need a program to institute practices that support the elder. Just awareness and interest in the part of the staff can be all that is required to stimulate change where it is needed. She used an example of the RED PIN program. Wherever a large red clothespin was placed all staff knew that privacy was desired and no one would enter the space.

You could see all the faces of the participants responding to this information, acknowledging the impact of having our practices challenged by advocates for seniors in our care.

I do hope you take a look for yourself.

*Together We Care  
Barbara*

Three times each year a service is held in the chapel and seventy, eighty people, sometimes less, sometimes more come together to remember. But what do they remember? And why remember at all? Well certainly we remember the residents who have died, but why do we do this? The families of each resident who has died has already held funeral services according to their own religious traditions. So why invite them to go through it all over again?

Quite simply the memorial services are an ingrained part of life at Spencer so that one and all, far and near, are afforded the opportunity to day farewell to those who have been part of our family! And so three times a year a service is held in the chapel and residents are remembered for who they were – for who they will always be.

Recently, on September 25<sup>th</sup>, following a well attended Memorial service, I visited with a gentleman from the Fredericton area who had traveled to Moncton to attend the service because he had been out of the country and unable to attend the funeral service of one of the people being remembered. He so appreciated the opportunity to have closure in the passing of his loved one!

As well, many of our residents are unable to attend funeral services in the community, and the opportunity to remember a dear friend in a worshipful setting with other people is very meaningful.

Grief is a very personal experience, and no two people grieve in the same way. But everyone needs to grieve, it is necessary for good emotional health; and it is freeing to come to terms with the passing of someone who has been a key part of your life.

At Spencer Home our approach is one of caring for the whole person as they move through the various stages of life. Our quarterly Memorial service is just one of the ways that our residents, their families, and our staff are able to process death as it presents time and time again. Working and living in a nursing home doesn't give anyone an edge on dying, but through our Memorial services the unquestionable sting of death is made a little easier to bear, as people become a source of comfort to one another.

*“Cast your burdens on the Lord, and He will sustain you ...”  
-Psalm 55:22*

**Pastor Scott Ryder  
Director, Pastoral Care**

## My, How Times Have Changed

Today all the talk is about 'going green'. REDUCE, REUSE, RECYCLE. We focus on low energy use appliances, look for the fuel efficient vehicles and demand manufacturers reduce packaging. We give ourselves a pat on the back when we remember to take our own shopping bags to carry home our groceries.

Do you remember when:

- we returned milk bottles and soda bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over.
- we washed the baby's diapers because we did not have the throw-away kind.
- we dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes.
- kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.
- we blended and stirred by hand in the kitchen because we didn't have electric machines to do everything for us.
- we had one TV, or radio, in the house -- not a TV in every room.

- we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.
- we exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.
- we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power.
- we drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.
- we refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.
- people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service.
- we walked up stairs, because we didn't have an escalator in every store and office building.
- we walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

### NEW EMPLOYEES

August, September 2011

|                        |                      |
|------------------------|----------------------|
| Corey Hunter           | Jody Berry, RA       |
| Jennifer Woodhouse, RA | Catherine Savoie, RA |
| Laura St. Crois, RA    | Jenna Melanson, RA   |
| Rachel Jensen, Ra      | Maria Bacay, RA      |
| Donna Smearer, Ra      | Melissa Holmes, RA   |
| Wendy Webster, Ra      | Darlene Keenan, LPN  |
| Paulette Robichaud, RN | Agnes McMackin, LPN  |
| Janice Nowlan, RN      | Albert Jardine, RA   |
| Sara Blackstock, RA    | Marina Wins, RA      |



## Johnny's Coupons

Saving You Money Everyday

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

**BOOKS ARE AVAILABLE NOW!**

**Coupons in the new book are effective from August 2011 to the end of October 2012.**

**Books are available from:**

Sandy in the Business Office (Ext 102),  
Cheryl Berry ( Ext 118)  
Mert Garland (Ext 106).

### 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



## Frieda Elizabeth Sheehan Carten

Frieda Elizabeth Sheehan was born in Bellisle on January 13, 1933 to Alice and Edward Sheehan. She was the 5<sup>th</sup> of ten children, 3 boys and 7 girls. Her sister, Gladys is only 13 months older than Frieda and they grew up just like twins.

As a child Frieda played at everything: skipping, hockey, baseball, Sunday school picnics and bonfires. She also enjoyed listening to shows on the radio especially Janie Wood at Christmas time. Her mother used to give Frieda and her siblings ten cents and they would head to the store to buy ice-cream, they could see it being made. All the kids in the neighbourhood where her friends, they all came to her house because "they could all see how much fun we had". Frieda had a little dog, a spaniel, named Tarzan.

Frieda completed grade 8 and then at the age of 16, she moved to St. John where she got a job as a maid for a Jewish family. Her first job was with the Holtzmans and then at Goldie Rozofsky's (she owned American Ladies Tailoring on Waterloo street). In both cases Frieda lived right in the home with the families she worked for. She enjoyed her work "all I had to do was dust a little bit and keep things clean and I lived in a mansion almost like what you would see in a magazine". The Holtzmans had a 6 year old boy and Frieda had to take him to the beach. They also had a new baby.

Frieda knew her future husband all her life growing up. She remembers thinking then that he would make a good husband. His name was Frederick Carten and

he grew up in practically the same community. "When he was 13 he used to come by our house and stand by our mailbox just waiting for me to come out." Frieda's father didn't approve, but Frederick kept it up and after a while, Frieda's family warmed up to him.

Frederick was 10 years older than Frieda; he was a carpenter working in steel and wood at Universal Sales in St. John. Frederick came to see Frieda one night at the Holtzmans and he had an engagement ring with him. He opened the box, showed Frieda the ring and asked her to marry him. Frieda was barely 18 when they were joined in a marriage that lasted nearly 50 years.

Frederick and Frieda had two daughters: Nancy and Rose. Their first daughter, Nancy, was born when Frieda was 18. She stayed in the hospital for about four months after her second child, Rose was born. Her mother took the baby for those four months and Nancy went to stay with Frederick's mother and father.

Frieda was a stay at home mom, but because she grew up with 9 siblings and she did not like a quiet house, so she babysat other kids in her home too. She kept the babysitting up for a short time after her daughters were grown and out of the house.

Frieda was very shy and quiet when she was younger, much different than she is today. She would talk to Queen Elizabeth if she could now. Frieda was a volunteer at St. Joseph's hospital as an adult.

Frieda's mother lived to be over 100 years old. She always said "hard work never hurt anyone". Frieda and her sister used to visit her regularly and she would always say "see you again", but on the last time they saw her before she passed away, she just waved, as if she knew something was going to happen. That remains a happy and peaceful memory for Frieda.

Frieda lived in a special care home for a while before moving into Spencer Home. There was a beautiful young girl that lived there, Monique, with lovely long ringlets. Frieda had a lovely tea set and used to invite Monique to join her for tea parties. Monique was always very happy and excited to join Frieda for tea. It was at that home that Frieda learned how to tolerate paint.

Now that Frieda has moved into Spencer Home we have adopted her into the day program club and she spends much of her free time with these new found friends.



# AROUND OUR HOME



Did Someone Say Bar B Que?

**Thank you** Tracey and the Dietary Staff, we have all enjoyed the burgers and hot dogs prepared for us this summer.



Agnes Crossman and her friends from Adult Day enjoyed a delicious cake in celebration of her birthday.

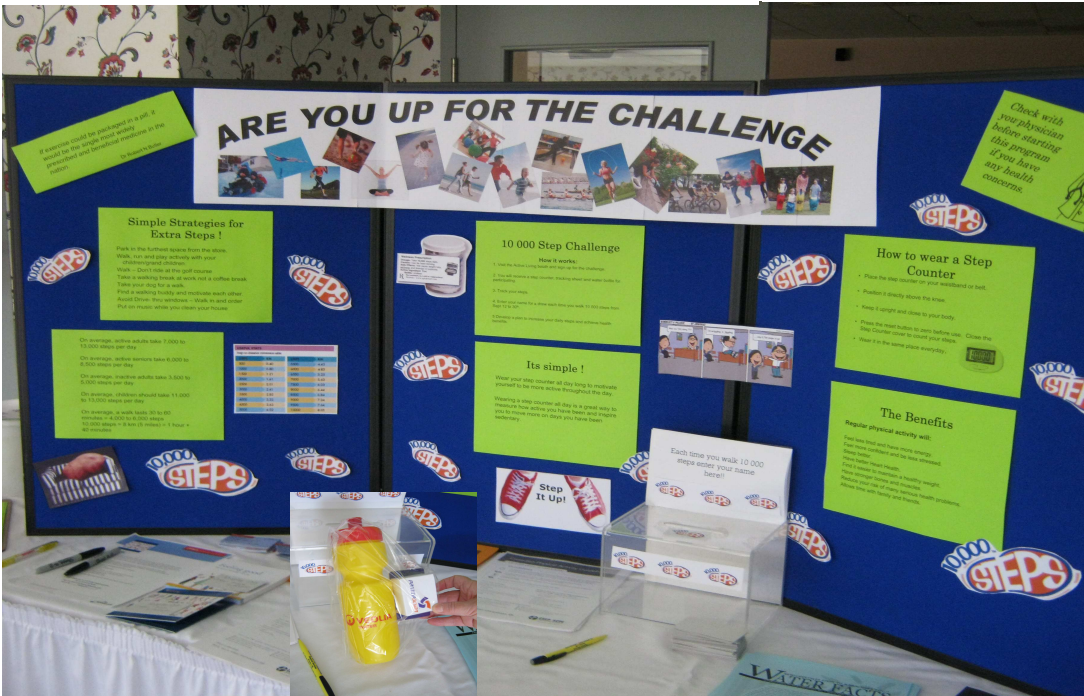


Cheryl Berry, Dietary, Mary Bourgeois, Recreation, Lynn Burdock, Dietitian, Angela LeBlanc, Admissions Coordinator all dressed up for our Staff Appreciation "Dress for the 1970's Day."

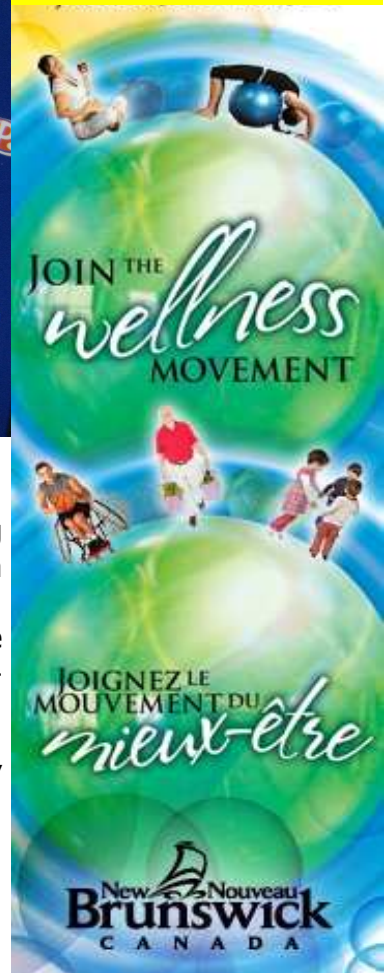
**DEER CROSSING:** Photo taken by Angela LeBlanc, Admissions Coordinator as she arrived for her work day. September 28th







Visit the Provincial web site at:  
[www.wellnessnb.ca](http://www.wellnessnb.ca) and  
 join the  
 wellness movement.



## Are you up for the Challenge??

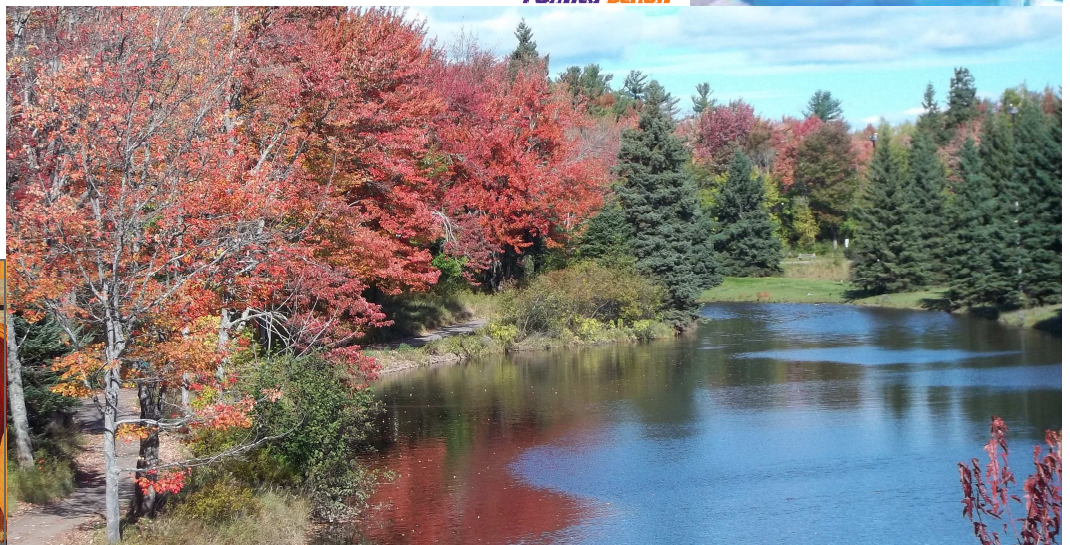
On September 12<sup>th</sup> as part of our initiative to promote active living among the staff, we launched The 10,000 step challenge. This is a world wide program encouraging people to take 10,000 steps per day. Staff who were interested in the challenge were given a water bottle compliments of Veolia, a step counter and tracking sheet from Participation.

From Sept 12 to the 30<sup>th</sup> each time a person walked 10 000 steps they could enter their name for a draw.

115 people signed up for the challenge and as of September 30<sup>th</sup> a total of 3,733 miles had been walked. That is the distance between Moncton and Brandon, Manitoba.



*Happy  
 Thanksgiving  
 To Everyone!*





## Alzheimer Society

The Alzheimer Society of Canada is conducting an online survey. The results will be used in our Alzheimer Awareness Month campaign in January. We would appreciate your help.

We're looking for a certain type of individual to participate in our survey - someone who:

1. **Either has or had a family member living with Alzheimer's disease or other form of dementia; and**
2. **Has a fairly detailed knowledge of the process the family member with Alzheimer's disease or other form of dementia went through to get a diagnosis.**

If you fit the above criteria, please complete our survey by going to the link below. It will only take about 10 minutes.

**ENGLISH SURVEY LINK:** <http://maximum.cfm.com/maxweb/vertex/care/index.php?id=ALZ272835CA>

Your answers will remain confidential and we will only use a summary of the survey results for our January campaign.

We appreciate your input and thank you for your time.

The Alzheimer Society of Canada

# Reflections

Some days doing "the best we can" may still fall short of what we would like to be able to do, but life isn't perfect—on any front—and doing what we can with what we have is the most we should expect of ourselves or anyone else.

From The World According to Mister Rogers  
Important Things to Remember  
Fred Rogers

## OCCUPATIONAL HEALTH & SAFETY FAIR

Friday, October 21, 2011  
1:00 pm-3:30 p.m.  
In the Chapel

*Everyone Welcome*

# Donations make a Difference

Although the Fundraising Dinner on November 1st is the official kickoff for the bus campaign, we are currently accepting donations at this time.



**\$90,000**

80,000  
70,000  
60,000  
50,000  
40,000  
30,000  
20,000  
10,000

Spencer Home  
FOUNDATION

Spencer Home Foundation is pleased to sponsor fundraising for the purchase of a new bus to be used by the residents of K. E. Spencer Memorial Home.

**CHARITY RECEIPTS (TAX DEDUCTIBLE) WILL BE ISSUED FOR ALL DONATIONS  
FAMILIES, INDIVIDUALS AND CORPORATIONS ARE ENCOURAGED TO CONTRIBUTE  
AS A BIRTHDAY, ANNIVERSARY, OR CHRISTMAS GIFT, A THANK YOU OR AS A MEMORIAL**



# U-First!

**S = Support.**  
**My supportive and creative care strategies.**

Support explores two concepts. Begin your exploration with the question:

***“What am I doing to bring out this person’s strengths?”***

Focus on the strengths! Compensate only for losses.

What action should be taken?



## *Back in Form Program*

### **Neutral Spine—DO A DAILY POSTURE CHECK FOR YOUR GOOD HEALTH**

A neutral spine or good posture refers to the “three natural curves (that) are present in a healthy spine”. The word “posture” comes from the Latin verb “ponere” which is defined as “to put or place.” The general concept of human posture refers to “the carriage of the body as a whole, the attitude of the body, or the position of the limbs.

The concept of good posture is referred to as “neutral spine”. In this context, proper posture or “neutral spine,” is the proper alignment of the body between postural extremes. In its natural alignment, the spine is not straight. It has curves in the thoracic (upper) and lumbar (lower) regions. There is a slight forward curve in the lumbar region (lordosis), a slight backward curve in the thoracic region (kyphosis) and a slight extension in the tiny cervical vertebra at the top of the spine. In addition, the ears, shoulders, hips, knees and ankles are aligned as if a plumb line were running from the ears down through the torso into the legs and the feet. In neutral posture, the body is able to function in its strongest, most balanced position. Stress to the joints, muscles, vertebrae and tissue is minimized. Good posture optimizes breathing and affects the circulation of bodily fluids.

In contrast, a non-neutral spine leads to “improper posture, (that) especially when walking, puts increased stress on your back and causes discomfort and damage.”

When the spine is left in non-neutral posture for extended periods of time, it raises the diaphragm, preventing the body from taking a full breath. This can lead to reduced oxygenation throughout the body. It can also compromise the internal organs’ performance by putting pressure throughout the abdomen.

### **INFECTION CONTROL**

#### **FLU PREVENTION**

Flu vaccine for residents & staff will be available again this year. Watch the bulletin boards for upcoming notices concerning times etc.

Remember, to prevent the flu:



## The Missing Key

Author Unknown



Xvxn though this typxwritxr is an old modxl, it works vxry wxll, xxxcpt for onx kxy. You'd think that with all thx othxr kxys working, onx kxy would hardly bx noticxd. But just onx kxy out of whack sxxms to ruin thx wholx xffort.

Havx you xvvr said to yoursxlf, "I'm only onx pxrson. No onx will noticx if I don't do my bxst." But it doxs makx a diffxrxncx, bxcausx to bx xffxctivx, xvxyonx must do his or hxr bxst.

So if you'rx having onx of thosx days whxn you think you just arxn't vxry important and you'rx txmptxd to slack off, rxmxmbr this old typxwritxr. You arx a kxy pxrson, and whxn you don't do your bxst, nothing xlsx works out thx way it should.

### A Magic Way of Going

- ◆ Be generous in your praise and support of others
- ◆ Never hold a grudge. Forgiveness is a gift you give yourself
- ◆ Learn to think creatively. Solutions live in your imagination.
- ◆ See life positively. Every problem is an opportunity for those with eyes to see.
- ◆ There is no growth without pain. Birds always sing after the rain.
- ◆ Be grateful for your gifts, your country, and for those you love.
- ◆ Value the magic in each other.
- ◆ Learn to laugh at life and at yourself. Most of what you worry about will still be here long after you are gone.
- ◆ Find time to do the things you love. Develop a wish list and start checking it off. This moment is all you have.
- ◆ Be considerate, caring and honest in everything you say and do. Your epitaph is being written today.

*....and remember to look for the "diamonds" in every day.*

### **Respect Resident Choices**

**"Remind me of the risks I may be facing but let me choose what I can do. I would rather die trying than try dying because I cannot do what I want to do."**

**Author unknown**

## On Our Calendars

|           |   |
|-----------|---|
| Oct 10    | Thanksgiving                              |
| Oct 16-22 | Infection Control Week                    |
| Oct 18    | General Staff Meeting 2 pm                |
| Oct 20    | Family Advisory Meeting 2 pm              |
| Oct 21    | OHS Fair                                  |
| Oct 27    | Halloween Party                           |
| Oct 31    | Halloween                                 |
| Oct 31    | Staff Appreciation Coffee                 |
| Nov 1     | Spencer Home Foundation Fundraiser Dinner |
| Nov 9     | Veteran's Remembrance Service in Chapel   |
| Nov 11    | Remembrance Day                           |



## 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



# Reflections

Be grateful simply for being alive. When you are grateful for life, pure and simple, your life becomes one you can be grateful for. That may strike you as circular or even backward logic, but your attitude really does have an effect on how things work out. When you can't change your life any other way, you can still change your attitude. When you do, your life changes. You find more chances to love, and you will be surprised to see how much more love is returned to you.

Bernie Siegel



**October 17th –21st**

**National Infection Control Week**

**This information from CHICA website**

## **Hand Hygiene Procedures**

### How do I use soap and water?

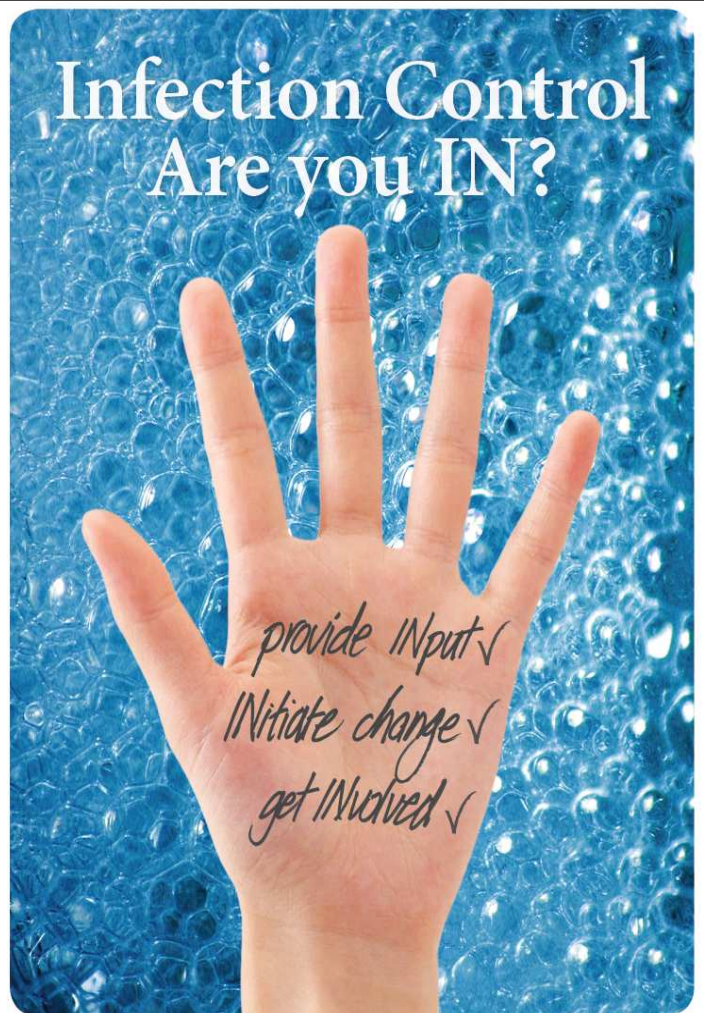
Good hand hygiene technique is easy to learn. Follow these five simple steps to keeping hands clean:

1. Remove hand and arm jewellery and wet your hands with warm (not hot) running water.
2. Add soap, and then rub your hands together, making a soapy lather. Do this for at least 15 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
3. Rinse your hands well under warm running water, using a rubbing motion.
4. Wipe and dry hands gently with paper towel. Rubbing vigorously with paper towels can damage the skin.
5. Turn off tap using paper towel so that you do not re-contaminate your hands.

### How do I use alcohol-based hand rubs?

Alcohol-based hand rubs should only be used if no visible dirt is present on the hands.

1. Remove hand and arm jewellery.
2. Apply enough antiseptic to make about the size of a quarter onto your hands, enough when you rub your hands together to cover all areas of your hands, including under your nails (1-2 pumps).
3. Use a rubbing motion to evenly distribute the antiseptic product over all surfaces of the hands, particularly between fingers, fingertips, back of hands and base of thumbs.
4. Rub hands until your hands feel dry (minimum 15-30 seconds).



COMMUNITY AND HOSPITAL INFECTION CONTROL ASSOCIATION-CANADA

Poster concept by: Infection Prevention and Control Team, The Credit Valley Hospital, Mississauga, Ontario  
Poster contest hosted by: CHICA Eastern Ontario | Poster contest sponsored by: **ECOLAB**



# **Children's Halloween Spooktacular**



On Thursday October 27th from 6:00 – 7:30

Staff and resident's children, grandchildren, great grandchildren & great -great grandchildren are invited to the home for some Halloween Fun.

**The purpose of this event is for the residents to see the children dressed in their costumes and to interact with children as they pass out candy.**

- ◆ In order for this event to be a success we need donations of treats/money to provide candy and activities. This program operates on donations only. We are also looking for volunteers to help with activities in the Chapel.
- ◆ If you are interested in donating treats/money please drop them off at the Recreation Dept. All donations are to be dropped off at Recreation for counting and will be taken to the wings that evening.
- ◆ If you are able to volunteer that night please contact Mary Bourgeois as soon as possible. We are dependant on volunteers for activities in the Chapel area that night.

For more information please call: Mary Bourgeois CTRS 858-7870 ext 115.

The Auxiliary of the  
**KENNETH E. SPENCER MEMORIAL HOME**  
Is Holding their Annual  
**CRAFT AND BAKE SALE**



Saturday, November 5<sup>th</sup>, 2011  
10:00 a.m. – 3:00 p.m.  
At the Home

35 Atlantic Baptist Avenue, Moncton, NB

**This is one of our big fund raising events and we would appreciate it if you would come and support us again this year.**

**See you there!**

## Giving Tree

Once again this year the Recreation Department will be organizing a "Giving Tree" This tree will be located outside of Recreation and will have gift suggestions for residents who would not otherwise receive a Christmas Gift. Interested individuals can select an "ornament" with a gift suggestion to purchase. They then return the wrapped gift with the gift tag to Recreation for delivery on Christmas Eve. Any questions or for more details; see Mary Bourgeois (ext 115) in Recreation.



Giving Tree from Christmas 2010

**Available: NOW!**



## Johnny's Coupons

Saving You Money Everyday

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

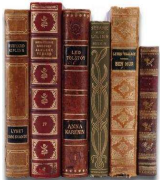
**ONLY 200 OF THESE BOOKS HAVE BEEN ORDERED**

If you would like to purchase books, please see:  
Sandy in the Business Office (Ext 102),  
Cheryl Berry (Ext 118)  
Mert Garland (Ext 106).

**MAKES A  
GREAT GIFT**

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





# A GOOD READ



*This program has recently been started through the recreation department at Spencer Home. It is a way for our residents to share with you their recommendations for books to read and share with others. As the weather outside begins to transition, many of us will be spending more time inside and what better way to pass the time than to get lost between the pages of a book.*

*So, take a moment and curl up with our suggestions for **'a good read'**.*

## Three Cups Of Tea author: Greg Mortenson

An Alpine Mountain climber for the USA was coming down from one of the Himalayan mountains when he missed the trail and wandered around until he was exhausted. He managed to find a Pakistani village where the local people took care of him. When his health returned and he was ready to leave, he asked the villagers what he could do to repay kindness of the people. The village chief said he could build them a school for girls. He promised to do this.

He went back to his home in the USA and researched means by which he could raise the funds necessary to fulfill his commitment. Writing letters for donations had not proved successful, and his job as a nurse yielded little. He began lecturing around the country, but still funds were in short supply. Then, to his surprise a millionaire gave him a huge cheque and told him to build the school.

He traveled back to Pakistan, describing his trip as frightening roads among the mountains. He settled into the new surroundings, becoming friends with the villagers, living as they did. The local people and Greg worked side by side to build the school.

I found this a good read as it was like traveling with him. The book is well written and descriptive, and I hope you enjoy it too. There is a sequel entitled "Stones For Schools". Through the years he has helped to build more than 50 schools for both girls and boys, the funds raised mostly through continued lecture tours in the USA.



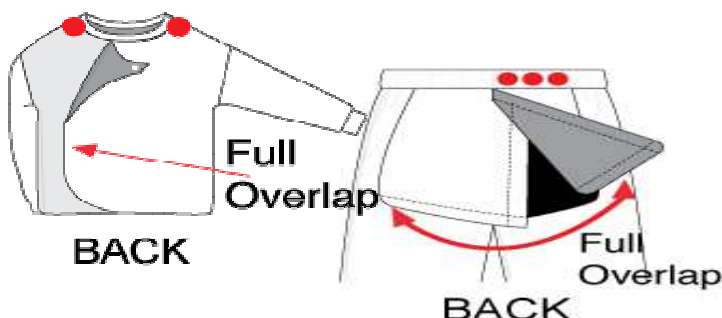
## THE EDUCATION OF H\*Y\*M\*A\*N K\*A\*P\*L\*A\*N author: Leo Rosten

This is a hilarious book about immigrants to the USA who go to a night class to help with their English and to prepare them for citizenship. The all (class of 30) make fairly good progress except Mr. Kaplan who seems to have his own zany logic of the language which irritates his classmates. It tempts his teacher to promote him just to get rid of him, but he can't bring himself to do it. Mr. Parkhill suffers through many headaches but continues to do his best. I liked to read this book for comic relief and I hope you feel the same.



## Adaptative Clothing Sale

Joanne Cote from *Adaptive Creations and More* will be here on November 17<sup>th</sup> from 10 am– 3 pm with Adaptive Clothing. This is an excellent opportunity to see what Adaptive Clothing is and to purchase clothing.



## Working Together...

We have extended the date for completing the Worklife Pulse Survey and Patient Safety Culture survey until October 28<sup>th</sup>. If you have not completed the surveys, please do so before this date. The Clerical Support Staff will be happy to assist you with the set up.



Driving Quality Health Services



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

### Top 10 energy saving tips

1. Use **ENERGY STAR**-rated compact fluorescent lights (CFLs) and always look for the ENERGY STAR symbol. Products displaying the ENERGY STAR symbol can help reduce energy and operating costs by 30 per cent to 50 per cent. ENERGY STAR-rated compact fluorescent lights (CFLs) use up to 75 per cent less energy and last up to 10 times longer than traditional light bulbs.
2. **Fix faucet leaks.** A leak of only one drop per second wastes about 10,000 litres of water per year.
3. Use **low-flow showerheads.** They use up to 60 per cent less water than standard ones without changing the water pressure.
4. **Wash and rinse clothes in cold water** and Air-dry your clothes whenever possible. Each load of laundry using cold water can reduce the energy used by 90 per cent. Line drying will save money and make clothes last longer.
5. **Unplug home electronics.** Computers, televisions and other home electronics continue to draw electricity even when turned off. This is known as standby power losses. Unplug old, empty fridges or freezers.
6. **Install and set a programmable thermostat.** This can save two per cent on the heating bill for every 1 degree C turned down the thermostat at night. Turn thermostats back at night and when away for long periods throughout the day.
7. **Change or clean the furnace filter.** A dusty filter means the furnace is working harder than otherwise to circulate heated air.
8. **Turn electric baseboard heaters off** at the electrical panel until the start of the heating season. Keep baseboard heaters and radiators clean and make sure they're not blocked by furniture, carpeting, or drapes.
9. Use **window kits** to increase the performance and comfort of windows. Use weather-stripping, caulking, and expanding foam to seal areas of air leakage.
10. **Operating times of certain devices should be closely monitored.** Be aware that devices such as air conditioners, dehumidifiers, pumps, car heaters, heating cable, heat recovery ventilators and others can have a major impact on a power bill. Consider timers as an option for some of these.

From gnb.ca website  
Facts & Tips on Winter Heating Pamphlet  
www.energienb.com



## Recipe Corner

### Lunchbox Granola Bars

- 2 C (500 mL) rolled oats
- 1 C (250 mL) whole wheat flour
- 1/2 C (125 mL) ground flaxseed
- 1/3 C (75 mL) packed brown sugar
- 1 tsp (5 mL) ground cinnamon
- 1 C (250 mL) raisins, chocolate chips, or your favorite unsweetened dried fruit
- 1/2 C (125 mL) Sunflower seeds
- 1/2 tsp (2mL) salt
- 1/3 C (75 mL) honey
- 1 egg beaten
- 1/4 C (60 mL) canola oil
- 1/4 C (60 mL) applesauce
- 2 tsp. (10 mL) vanilla extract

#### Instructions:

1. Preheat oven to 350° F. (180°C). Oil 9 x 13 baking pan.
2. In a large bowl, mix together oats, flour, flaxseed, brown sugar, cinnamon, raisins, sunflower seeds, and salt. Make a well in centre; set aside.
3. In small bowl, combine honey, egg, canola oil, applesauce, and vanilla. Add liquid ingredients to well and mix. Pat mixture evenly into a prepared pan. and mix.
4. Bake 20 –25 minutes, until bars begin to turn golden at edges. **DO NOT OVERCOOK.** Cool 5 minutes, then cut into bars while still warm. Do not allow bars to cool completely before cutting or they will be too hard to cut.

*Yield 24 pieces; Calories 150; Fat 6g; Carbohydrates 22g; Cholesterol 10 mg; Sodium 55mg; Fiber 3g; Protein 3g per piece*

Recipe courtesy of CanolaInfo  
Canadian Diabetes Association Website

For what avail the plow or sail  
Or land, or life, if freedom fail.

Ralph Waldo Emerson

## Donations make a Difference



Spencer Home  
FOUNDATION

Watch this corner to see how your donations make a difference. Each month we will let you know where we are in our fundraising goal of \$90,000 for the purchase of our new wheelchair accessible bus.

### The Ode of Remembrance is cited on Remembrance Day followed by the phrase "Lest we forget.":



The Ode of Remembrance:

*They went with songs to the battle, they were young.  
Straight of limb, true of eyes, steady and aglow.  
They were staunch to the end  
against odds uncounted,  
They fell with their faces to the foe.  
They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.  
Lest we forget.*