



THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

February, March 2012



*From the Desk of
Barbara Tremble Cook
Executive Director*

Gratitude is the hearts memory

French Proverb

Thank you to everyone who made Christmas so homey and beautiful. Residents, staff, families and volunteers all contribute to the festive feeling we enjoy throughout the Season.

The Spencer Home Foundation is supporting the replacement of our current Van. The Foundation Board met last week to plan for a spring banquet. This major fundraising dinner annually held in November, was cancelled due to the outbreak, setting back our project a few months. We also continue to sell Johnny Coupon books, a great gift and value for those who eat out on occasion. Only a few coupons need to be used to pay for the book. Some report owning more than one book. It represents great savings. We have a chocolate bar campaign and Down East Coffee personalized for Spencer Home. If you are interested in purchasing an item or can assist in the sale of any of these items, please contact the Business Office. We can provide a poster for your workplace. Many of us make donations the Spencer Home Foundation as memorials. We appreciate your efforts to support the Quality of Life of the Residents.

Culture of Safety is a term we use in the sector. We are expected to provide safe care to our residents and a safe working environment for our staff. To support this Culture of Safety we all have a responsibility. Staff, service providers, volunteers, families and residents contribute to client safety. Safety is everyone's responsibility! We are posting some notices around the Home so look at the bulletin boards and see the list that has been created. We are all involved in this culture even if we don't realize it. We provided examples of how Volunteers, Families Residents, Senior Staff, Recreation, Dietary, Housekeeping, Business Office, Nursing and Maintenance contribute. We have also recently updated our Safety Brochure for better understanding of how some of our policies and practices relate to safety.

The plumbing contract is progressing well. Progress is not always convenient and as we all know creates extra demands. We appreciate and thank you for your assistance and tolerance during this time.

At the provincial level, we continue to advocate for a new Spencer Home to meet the needs and expectations of the residents we serve. Architects 4 have prepared drawings for

Continued on page 4—see Gratitude



Our Journey

An old Chinese proverb says that "a journey of a thousand miles begins with a single step". As I think about our environment here at Spencer Home, for both residents and staff alike, the life we are living is the journey that we are on.

Perhaps you have never thought of your life as being a journey, but I would find that hard to believe! Think about it – regardless of age, each day that you live is another step along the pathway of life, your journey. For each of us, the journey had a definite beginning when you took the proverbial first, single step, and for all of us the end of the journey is in the offing, and we do not know when or where or even how it will come to an end; but it will come to an end!

For us we need not concern ourselves with the end, for the end will take care of itself. You and I should be concerned with how we travel each day of our individual journeys; concerned with what we do, and what we say to the people we encounter along the way.

There is much to this journey of life that we do not understand, and perhaps even bits of it that we do not care much for, or even want to acknowledge. But live it we must, and as we do, perhaps our greatest accomplishment will be in discovering how to live it well and that one day we might be remembered as a person who has impacted another in a good way.

In the nursing home environment the impact of one life on another is a very real part of daily life. While often positive and affirming, the journey of life does have its share of unexpected detours and even hairpin turns. For all of us this creates the august challenge of always knowing how to respond in a way that is going to build a person up and encourage one on their journey of a thousand miles!

But when we all have stuff that we are dealing with, how do we also deal with what other people are experiencing? For me personally, a big part of the answer comes from the pages of the New Testament. In *1 Corinthians 10:31* the Apostle Paul urges us to do whatever it is that we have to do in a way that is going to be pleasing to God!

Many years ago in 1897 Charles Sheldon wrote the book *In His Steps*, more recently known as *What Would Jesus Do?* Therein lays the answer to the question I posed earlier

Continued on page 2—see Journey

Tips for Visiting

Once a family member has moved to a nursing home, it is important to visit as often as time allows. Residents of nursing facilities need to be reassured on a regular basis that they are still an important member of the family. The following list of ideas may help you to provide care and support to your loved one during your visits to see them.

- ◆ When you visit, be supportive and affectionate. Personal contact with others is extremely important and many times the only touch older adults living in a facility experience is when they are dressed or bathed. Residents in nursing homes need to know they are loved and not forgotten. If they are receptive, hold their hand, give them hugs when you arrive and leave, and give them eye contact when they are talking to you.
- ◆ Listen attentively to your loved one. Do not dominate the conversation or talk “at” them. Even if you have heard the story before, being a good listener allows them to enjoy their memories or current thoughts by sharing them with you.
- ◆ Speak to all residents as adults, not as children. The use of the term “we” instead of “you,” for example, robs a person of his or her identity. “How are we this morning?” is patronizing to many listeners. Treating older adults like children, even if they are frail or cognitively impaired, only contributes to low self-esteem and increased dependence.
- ◆ When you visit, share news about your life and your family and don’t forget the photo album! Do not spend the entire visit asking them questions about how they feel or if they have eaten. Instead, share funny stories or talk about a big decision you have made. Make sure to tell your loved one about trivial events, too. Even little details can be important and make elders feel included.
- ◆ Bring your children to visit your loved one to encourage a relationship between them. These visits can also be “teachable moments” parents use to explain the aging process and how older persons also need love and affection. Parents will be providing an example of the importance of caring for our elders by making visits a priority. In addition, bring a few of the children’s art projects as gifts to brighten your loved one’s room.
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- ◆ While you are visiting, make a point to say “hello” to other residents who may not receive many visitors. Becoming familiar with others who live in the facility brightens their day
- ◆ If their health and mobility permits, and with the approval of the medical staff, take your family member out of the nursing home for a day. Take him or her to lunch or for ice cream, to watch a parade, for a drive in the country, or include them in a family get together. The activity and the sights and sounds of other people may lift their spirits and provide them with a new and wonderful memory.
- ◆ Become acquainted with nursing home staff. Your active involvement and consistent visits illustrate your interest in your loved one as well as an appreciation of the care they provide. Do not hesitate to thank the staff or compliment something they have done well. If you are unsure of something talk with the RN. If you are unable to visit your loved one in person, due to distance or your own health limitations, be sure to keep in touch by telephone or by sending notes, emails and cards. Receiving pictures of you, your garden, or your pet could brighten your family members’ day and provide them with something to enjoy for days afterward.

Journey continued from page 1

about our becoming involved in the lives of other people. There are and always will be times when we will encounter people who need our help. And as we assess the situation, I have found it helpful to quickly and quietly ask myself what Jesus would do if found in the same situation.

As we continue on our *journeys of a thousand miles*, let me suggest that welcoming an opportunity to help another is an exercise that will prepare us to in turn receive help from another in our unexpected time of need that we all will experience from time to time.

A journey of a thousand miles is a long trek that can be made that much easier if we step along in the attitude of the Apostle Paul who reminds us that in whatever we are called upon to do; we do it in such a way that God will be pleased with our efforts.

So, let me ask you – how is your journey going – have you encountered anyone in need lately?

*Pastor Scott Ryder
Director, Pastoral Care*

Celebrate Life



With Thomas Melanson

Tom was born in Moncton in 1932 and grew up here as well. Tom has one brother who is 5 years older than him. Growing up they always had a cat or a dog. Tom still likes dogs but doesn't like the cat that much anymore.

On his free time Tom liked playing sports. He used to play pond hockey. He was a goaltender. And during the summer he loved playing baseball. He played in a league until he was around 16 years old. When he was working in CNR he played on their softball team. Later in life he started playing card games. Before he got married he would play poker every few weeks with the boys. After he got married he started to play bridge every Friday with his wife and some of their friends.

Tom went to St-Thomas high school in Chatham. It was a religious boarding school. He dropped out when he was in grade 10 because he had an opportunity for a job. His mom wanted him to finish school but he made the choice to quit and go to work. He got a job at CNR working in the office.

Tom's father who was a mechanic died of cancer when he was in his 40's. Tom was only 8 or 9 at the time. His father owned a garage on lower main street. After his father died, his mom's sister encouraged her to move to Detroit; so they moved there for about 3 months. (one summer) but ended up coming back to Moncton. He says he really had a good time during that summer and was glad they got to go.

When they returned to Moncton his mother rented a place for them and took a job as a bookkeeper at St. Burners on Botsford St. Before his dad passed away Tom's mom was a stay at home mom.

Tom went to church every Sunday and when he had children they attended as well. Tom's family is very close and every Christmas they get together to celebrate.

When Tom was working at CNR he met this nice lady who was also working there as a (secretary). He decided to call her and ask her out for a date to the movies. A year and a

half later he decided to buy her a ring. He had it for 3 days before he got the courage to give it to her. They went to a movie and when he brought her home that late summer night he took her up to the porch and he gave her the ring. One year later they got married. They were both in their early 20's. They got married October 3 1953. Later on his wife decided to give her ring to her daughter in law and Tom then decided to buy her another ring to replace it.

Tom and his wife had 3 children. The first one was born in 1957 they named him Derek. The second one was born in 1959 they named him Peter Vincent. The last one was born in 1963 they named him Charles. They all were born and raised in Moncton. Now two of the boys still live in Moncton and one lives in Ottawa. Derek has one boy. Peter adopted 2 children one boy named Nicolas and one girl named Alexandra. And Charles has 3 daughters (triplets) who are all presently studying in nursing.

He moved to California in 1958 to look for a job and they stayed for about six months. When he came back he started working for the TCA (Canadian airline). He worked in the budget department and remembers he had good bosses. He really liked working there but he had to take an early retirement because of sickness in his early 50's.

When Tom was in his early 20's he and 2 other friends went looking for Christmas trees. They found these nice looking trees all perfectly lined up in rows. So they decided to cut 3 of them so they would all have one. When they were coming out they noticed a sign that said we will prosecute anyone who has found cutting up trees in this reserve. They had cut three from a reserve and didn't know it so they got out of there as soon as they could with the 3 trees.

Tom used to work with these two guys and the three of them were great friends. People called them the Three Musketeers. His two friends were named Louis and Stan. One weekend he was supposed to go to Caissie Cape with them but his wife convinced him not to go because she needed. So Louis and Stan went without him and while out in a little row boat, it tipped and they both drowned. Tom mourned his friends but realized how fortunate he was that he stayed home that weekend.

As a kid Tom never really got in trouble (because he never got caught). When he was about 12 he and his friends used to go on icy roads and they would grab the bumpers of the cars and would let themselves slide on the road.

Tom has been a resident of Spencer Home for a few years now and spreads joy wherever he goes.

NEW EMPLOYEES

December 2011, January 2012

Simon Daigle Hsk	Jillian Proud, LPN
Jacques Duguay, RA	Lori McKinley, LPN
Natalie Sebean, RA	Sheila Wasson, LPN
Robert Savard, RA	Jessica Spencer, LPN
Lisa Towes, RA	Kim Trites, LPN



LifeTimes

Nourish your Spirit with Stillness
Nourish your Mind with Knowledge
Nourish your Heart with Unconditional Love
Nourish your Body with Living Food
Nourish your Relationships with Thoughtfulness

Tim Ong

Being thoughtful indicates a willingness to not accept our inclinations to be preoccupied with ourselves, our lives, our wants, our wishes. It is said that this is a generation of entitlement; it's all about me. For just a moment let's reflect on how others enrich our lives and the isolation we would experience if we did not interact with them. We should then be prepared to offer others what we want for ourselves thoughtfulness - kindness & respect.

NEWS FROM OUR DINING ROOM

Each Wednesday French Fries will be available in our dining room and on the last Wednesday of each month a special meal will be available as well. If French Fries would not compliment this special meal, they will not be served on that day.

SPECIALS PLANNED FOR THE UPCOMING MONTHS ARE:

February- Club House Platter	July /August -None
March - Grilled Chicken Burger	September- Pizza special
April - Fish and Chip Platter	October – Harvest Special
May - Greek Salad	November –Chicken Finger Platter
June - BBQ	December_ Beef on a Bun & Fries



Starting in February we will be selling tickets in order to purchase the special to allow the dietary to know how much to prepare and avoid wastage.



Thank you for your support.

Gratitude—Continued from page 1

presentation to our political representatives. We have requested an opportunity to share these with the Minister of Social Development Sue Stultz. We are waiting as many other nursing homes for announcements regarding decisions on the renovation and replacement of nursing homes from the Department of Social Development.

We strive together to create a *home-like and person centered* environment. Thank you for your contribution to this goal. Our values are *caring, respect, integrity, excellence and safety*. We would like each person to commit these to memory and consider them in their everyday decisions. I read Quote of the Day in the Times and Transcript and months ago I cut this one out: 'If you think of vision and mission as an organization's head and heart, the values it holds are its soul' I don't know what that means to you but at the very least, values are the root of what decisions we make and actions we take.

Together We Care!
Barbara

Adult Day Program

Are you an older adult looking for a day out or a family member looking for opportunities for your loved one? Consider visiting the **Adult Day Program** at the Kenneth E. Spencer Memorial Home located on the Salisbury Road.

Our Day Program provides programming Monday to Thursday from 9:00 am to 3:00pm.

Participants enjoy a wide variety of recreation activities including chapel service, outings, puzzles and trivia, crafts, exercises, musical entertainment and much more. Activities are individualized to meet your loved ones needs. We also provide access to onsite services such as Dietician, hairdresser and foot care. You can enjoy a homemade meal and two healthy snacks during your visits. Therapeutic diets are available.

If you or someone you know is interested in the **Adult Day Program** call **Mary Bourgeois** CTRS at **858-7870 ext 115** for more information. Openings available.

My, How Times Have Changed

1957 Sandwich Menu from Woolworth's....

If anyone doubts what we paid for a coke and a sandwich at Woolworths In the 1950s, here's proof of the era we lived in.



F. W. Woolworth Co.



<p>BACON and TOMATO50c <i>Toasted Three Decker Sandwich</i></p> <p>BAKED HAM and CHEESE60c <i>Toasted Three Decker Sandwich</i></p> <p>CHICKEN SALAD65c <i>Toasted Three Decker Sandwich</i></p> <p>HAM SALAD and EGG SALAD50c <i>Toasted Three Decker Sandwich</i></p> <p><small>Above available on two slices of bread on request.</small></p>	<p style="text-align: center;">PLAIN or TOASTED SANDWICHES</p> <p>HAM SALAD Sandwich.....30c</p> <p>EGG SALAD Sandwich.....30c</p> <p>AMERICAN CHEESE Sandwich.....30c</p> <p>PRESSED HAM Sandwich.....30c</p>
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FOR A REAL TREAT!
 TRY OUR SUPER DE-LUXE HAM SANDWICH—BAKED HAM SLICED VERY THIN AND STACKED
 HIGH ON PLAIN BREAD, TOAST OR HARD ROLL
40¢ YOU WILL LIKE IT! 40¢

Fountain Features

<p style="text-align: center;">DE-LUXE</p> <p>TULIP SUNDAE 25c 2 Dippers of Ice Cream covered with Crushed Fruit or Fresh Fruits in Season</p> <p style="text-align: center;"><small>CHOICE OF STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE</small></p> <p style="text-align: center;"><small>Topped with Whipped Topping Roasted Nuts and Cherry Ring</small></p>	<p style="text-align: center;">SUPER JUMBO</p> <p>BANANA SPLIT 39c 1½ Bannas covered with 3 Dippers of Ice Cream and Crushed Fruits or Fresh Fruits in Season</p> <p style="text-align: center;"><small>CHOICE OF STRAWBERRY, PINEAPPLE, CHERRY, CHOCOLATE OR HOT FUDGE</small></p> <p style="text-align: center;"><small>Topped with Whipped Topping and Roasted Nuts</small></p>	<p style="text-align: center;">EXTRA RICH</p> <p>ICE CREAM SODA 25c</p> <p style="text-align: center;"><small>POPULAR FLAVORS</small></p> <p style="text-align: center;"><small>Made with 2 Dippers of Ice Cream Crushed Fruit or Fresh Fruits in Season</small></p>
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<p>MALTED MILK25c <small>Popular FLAVORS Made with 2 Dippers of Ice Cream</small></p> <p>MILK SHAKE25c <small>Popular FLAVORS Made with 2 Dippers of Ice Cream</small></p> <p>BANANA SPLIT Regular25c <small>Popular FLAVORS Made with 3 Dippers of Ice Cream</small></p> <p>FRESH ORANGE JUICE..... Regular 20c Large 30c <small>Freshly Squeezed to Order</small></p>	
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HOT NESTLE'S WITH WHIPPED TOPPING.....15c
AND WAFERS

Home Style Desserts

<p>APPLE PIEPer Cut 15c <small>10¢ Additional with Ice Cream</small></p> <p>LAYER CAKEPer Cut 15c <small>10¢ Additional with Ice Cream</small></p>	
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WOOLWORTH COFFEE—ALWAYS GOOD

HAVE A COKE

PRINTED IN U.S.A.



GOES GOOD WITH FOOD

NO. 3434 REV. 9-60

For those of you who are too young to remember. You missed living in a wonderful time.

AROUND OUR HOME



Coffee time at Adult Day



Adult Day Program Front row: Shirley, Bud & Agnes
Back row: Frank, Marjorie & Mary



Craft time with Dianne



Ruth Williamson with Nancy Carter who was the winner of the draw in support of a staff member who is ill.



Gardengrove staff and residents celebrate with Santa



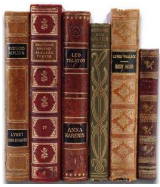
Photos from our family Christmas Luncheon where family and friends joined our residents for a lovely meal. Special Thank You to Dietary and Housekeeping staff who prepared the meal and served everyone.



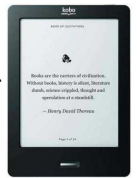
Dine With Me Program hosted by Kim Bourque, Recreation Dept enjoying a meal in the living room.



Pictured from left Irene Smith, Susan Marino, Cecelia Nielsen, Joyce McIntyre enjoying their meal in the living room.



A GOOD READ



During the winter months it is easy to feel uninspired. It's cold, grey and once the excitement of the holidays has passed it is like a void or emptiness in the air. One way to renew ourselves during this time of the year is with some inspiring literature. Here at Spencer Home, our avid readers have found books, both fiction and true stories can provide encouragement to the winter soul.

Faith based reading can be found in such entertaining forms it's worth checking into. This genre of book has an appeal that can cross the divide between generations and lifestyles. Stories of personal strength and overcoming hardship, even tragedy, can make us better people for having chosen to spend some time with such a "good read". On that note, our residents suggest the following books:

- ◆ **The Five People You Meet In Heaven by Mitch Albom** - fictional, inspires one to look upon daily interactions with others in a new light.
- ◆ **The Devil In Pew Number Seven by Rebecca Nichols Alonzo** – non fiction, the human spirits walk of forgiveness through faith
- ◆ **Find It Fast in The Bible – Ron Rhodes** – non fiction, finding renewed meaning in our biblical readings
- ◆ **Homers Odyssey by Gwen Cooper** - non fiction, the four legged kind of inspiration



We hope that you take the time to check out our suggestions, and perhaps carve out some time in your day to renew your spirit in the pages of a book.



MARCH IS NUTRITION MONTH

Get the real deal on your meal is the theme of National Nutrition Month, 2012.



Nutrition information has never been more accessible than right now; millions of Canadians have ready and easy access to the internet and other forms of social media, but not all the information is credible. Myths and misinformation abound. Nutrition Month 2012 is dedicated to busting up popular food and nutrition myths by bringing truths to Canadians from dietitians, the food and nutrition experts. Activities are planned for the week of March 12-16th at Spencer Home.

Dietitians of Canada

Donations make a Difference



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.

AIDET

AIDET is an acronym representing a way to communicate with people who may not be expecting an interruption or who may be nervous or anxious. It is also valuable in communicating with other staff and colleagues.

AIDET means:

- ♦ **A—Acknowledge**—greet the person you are approaching and use their name if you know it. Be positive and friendly
- ♦ **I— Introduce**—introduce yourself and let them know who you are and why you are there. (Mrs. Jones, I am Sally from housekeeping and I am here to clean your room.)
- ♦ **D- Duration**—I am sorry to interrupt you and I won't be too long, only 10 minutes or so.
- ♦ **E—Explanation**—I just need to clean the bathroom, dust and clean the floor
- ♦ **T—Thank You**—Thank the resident/patient for their consideration before you leave. (Thank you Mrs. Jones, I am leaving now, but I will see you again.)



Back in Form Program

PURPOSE OF INCIDENT / ACCIDENT INVESTIGATIONS

Spencer Home monitors and works to improve safety through incident/accident reporting and investigation as well as encouraging staff to report any unsafe situations where there may be a potential for harm. Further to that the purpose of incident/accident investigations is to:

- ♦ Meet the legal obligations to follow O H & S Act
- ♦ Determine the sequence of events leading to failure.
- ♦ Identify the cause of the incident/accident
- ♦ Find methods to prevent incident/accident from recurring
- ♦ Reduce costs
- ♦ Maintain our effective Health & Safety Management System

INFECTION CONTROL

The elderly can be more susceptible to catching colds and flue-like symptoms because of their age, frailty, reduced strength and / or multiple health conditions. Flu-season is upon us and we encourage everyone to follow the suggestions listed below:

- ♦ Perform hand hygiene more often. Wash your hands with soap and warm water or use alcohol-based hand sanitizers before and after visiting your loved one.
- ♦ If you have a cough, or have to sneeze, please cough or sneeze into your sleeve. Germs will not live as long on your sleeve than if you cough/sneeze into your hands.
- ♦ If you feel unwell, please refrain from visiting your loved one at Spencer Home to reduce the chance that they might catch your cold.



CAUTION ATTENTION CAUTION

Client Safety

Communication Communication Communication!

Residents and family members play a significant role on the healthcare team at Spencer Home. We fully recognize that clear communication between residents, family members and staff is key to a successful healthcare experience. Communication is a two way process where the resident and family receive information they need and feel comfortable speaking up with information or concerns they have. Spencer Home supports this environment, recognizing it as a necessary component for resident safety and a satisfying resident and family experience.



RESPECTFUL WORKPLACE

What is a respectful workplace?

A respectful workplace supports the physical, psychological and social well-being of all employees. A respectful workplace is one that values:

- diversity and human rights
- dignity of staff and residents
- courteous conduct
- mutual respect, fairness and equality
- positive communication between people
- collaborative working relationships
- disrespectful behavior and harassment are addressed

Staff members are invited to submit ideas about how you think our Home can assure we support a respectful workplace. Please write your ideas and place them in the suggestion box. Suggestions will be reviewed and communicated in upcoming newsletters.

Reflections

In the external scheme of things, shining moments are as brief as the twinkling of an eye, yet such twinklings are what eternity is made of—moments when we human beings can say “I love you.” “I’m proud of you.” “I forgive you.” “I’m grateful for you.” that’s what eternity is made of: invisible, imperishable good stuff.

From The World According to Mister Rogers; Fred Rogers


Giving Tree

Thank you again to everyone who participated in our “Giving Tree”. As a result of the “Giving Tree” promoted by our Recreation Department, more than 100 packages were distributed to residents who may otherwise not have received anything. **Thank you to everyone who generously donated.**




Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.

US Humor Columnist—Doug Larson



United Way Centraide
Greater Moncton and Southeastern New Brunswick
Change starts here.
L'heure est au changement.
gmserbunitedway.ca



COMMUNITY POWER PLAY

The Moncton Wildcats will have an extra man on the ice at their **FEBRUARY 17th** game when they partner with United Way of Greater Moncton and Southeastern New Brunswick. This power play has a different kind of goal though; a stronger community for everyone!

The Wildcats are hosting a special United Way fundraiser at their **FEBRUARY 17th** home game against the Acadie Bathurst Titan. Tickets to the game will be sold at a special discount rate of \$15 (tax included) with \$5 from each ticket being donated to the United Way of Greater Moncton and Southeastern New Brunswick. As an added bonus; Wildcat fans who purchase their tickets ahead of time will receive a coupon book with \$100 worth of savings that can be used at the game at businesses around Greater Moncton.


For more information or to book your tickets please contact Ryan Jenner 858-2253 or jenner.ryan@moncton-wildcats.com

JEU DE PUISSANCE COMMUNAUTAIRE

Les Wildcats de Moncton auront un allié supplémentaire lors de leur partie du **17 FÉVRIER** alors qu'ils s'associeront avec Centraide de la région du Grand Moncton et du sud-est du Nouveau-Brunswick. Cependant, ce jeu de puissance a un différent type de but : une communauté plus solide pour tous et toutes!

Les Wildcats sont en train d'organiser une collecte de fonds spéciale de Centraide pour leur partie à domicile du **17 FÉVRIER** contre le Titan d'Acadie-Bathurst. Les billets de la partie seront vendus à un prix réduit spécial de 15 \$ (taxes comprises). Le montant de 5 \$ de chaque billet sera versé à Centraide de la région du Grand Moncton et du sud-est du Nouveau-Brunswick. Mais ce n'est pas tout! Les partisans des Wildcats qui achèteront leurs billets à l'avance recevront un livret de coupons offrant des économies de 100 \$ qu'ils pourront utiliser à la partie et dans les entreprises du Grand Moncton.

Pour plus d'information ou pour réserver vos billets, contactez Ryan Jenner au 858-2253 ou jenner.ryan@moncton-wildcats.com





Our World Through the Eyes of Others

Have you taken an interesting trip? Would you be interested in sharing your photographs and experiences?

Our Recreation Department is developing a new program - Travelers' Club. Guest speakers are invited to show their vacation pictures and talk about their travels. If you would be interested in contributing to this program and entertaining a group of our residents please see Mary Bourgeois in recreation or call her at 858-7870 ext 115.



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).

Sundowning?

What is Sundowning -Sundowning is a term that describes the onset of confusion and agitation that generally affects people with dementia or cognitive impairment and usually strikes around sunset. They may become demanding, suspicious, upset or disoriented, see or hear things that are not there and believe things that aren't true. Pacing and wandering may also occur.

Why does it happen?

Scientists don't know exactly what causes Sundowning. But studies have shown an association between Sundowning and changes in the internal biological clock among people with dementia. The internal clock -- governed by the circadian rhythms -- controls sleeping and waking, is connected to how active we are at different times of the day, and influences changes in the body that regulate behavior. Studies suggest that the biological clock shifts in people with dementia, and that shift may make some people with dementia more prone to Sundowning. Some other factors which may influence Sundowning are:

- ◆ The person can't see well in dim light and becomes confused.
- ◆ The person is more tired and is less able to cope with stress.
- ◆ The person is involved in activities all day long and grows restless if there's nothing to do in late afternoon and evening.
- ◆ People around the individual communicates fatigue and stress to the person and the person becomes anxious

Ways to reduce the behaviors of Sundowning: Help the person use up extra energy through exercise. For the person who tends to pace or wander in the evening allow one or two brisk walks in the day.

- ◆ Reduce foods and beverages with caffeine or restrict to early morning hours. Late afternoon snacks may help.
- ◆ It is important to provide regular activities and afternoon napping may be discouraged if nighttime sleeplessness is a problem.
- ◆ Decrease the level of noise from radios and televisions.
- ◆ At shift change leave/enter the unit as quietly as possible. Gathering of coats and talking of evening plans can increase anxiety.
- ◆ Keep areas well lit. Good lighting may reduce the person's confusion.
- ◆ Reassure and comfort the person by explaining what is happening next.
- ◆ Try to involve the person in meaningful activities such as folding towels, sweeping floor, dusting, winding a ball of yarn and setting the table.
- ◆ Avoid arguing or asking for explanations. The person has no control over annoying, repetitive behavior. Confusion and restlessness occur because the brain can no longer sort out cues in the environment.

Resources: Alzheimer's Society.

Healthy Habits for Healthy Eating

Think positive

Change is never easy but having the right attitude can help. Take control and focus on the positive aspects in your life rather than the negative. Question your behaviour and attitude each time you find yourself thinking in a negative manner. Start saying positive things aloud, especially about yourself.

Set effective goals

The first step is to set the right goals. You will gain confidence and your self-esteem will increase each time you achieve a goal, even if it is a small one. Your goals should be:

1. Specific
2. Measureable
3. Realistic (do-able)
4. Forgiving (with room for slip-ups)

For example, “Eat healthier” is a great goal, but it is not specific or measureable. “Eat salads (loaded with veggies and fruit) at least four times per week” is specific, measureable, do-able and forgiving. In short, it is a great goal to strive towards.

Identify and overcome obstacles

There are plenty of potholes on the road to good nutrition. Willpower alone is not enough. Remove obstacles that are standing in your way of a healthy lifestyle. Ask yourself what has prevented you from changing your eating habits in the past. You should also think about what might stop you in the future. Identify these obstacles now and come up with a plan to help

you get past them. Don't try to overcome all your obstacles at once. Pick one obstacle at a time to work on.

Celebrate your efforts

Recognize the good things you are doing. Celebrate each step as you move closer to your goal. Give yourself credit for small successes rather than waiting to reward yourself for accomplishing only the huge goals.

- Establish a reward system. Decide on something important to you.
- Try non-food rewards such as buying your favorite book or taking time for a bubble bath.
- Remind yourself you are in control and can bring positive changes to your life.


Handling setbacks

Many people try to convince their friends to not be so hard on themselves when they have setbacks. We should also do this for ourselves.

You need to give yourself a break.

- Learn how to forgive yourself.
- Know that each meal is a new meal and each day is a new day.
- Get back on track if you slip up.
- Avoid “all or nothing” thinking.
- Be realistic.

Remember, you don't have to eat the perfect diet at each and every meal to be healthy. It's how you eat the majority of the time that matters most.

Italian-Flavoured Yellow & Green Beans	Ingredients: Serves 4	Nutritional Information per serving												
	<table border="0"><tr><td>2 cups</td><td>500 ml</td><td>Green and yellow bean mix, frozen</td></tr><tr><td>2 tbsp</td><td>30 ml</td><td>Salad dressing, zesty Italian</td></tr><tr><td>1 clove</td><td></td><td>Garlic, chopped</td></tr><tr><td>¼ tsp</td><td>1 ml</td><td>Pepper</td></tr></table>	2 cups	500 ml	Green and yellow bean mix, frozen	2 tbsp	30 ml	Salad dressing, zesty Italian	1 clove		Garlic, chopped	¼ tsp	1 ml	Pepper	<p>Calories: 48 calories Fat: 2 grams Carbohydrate: 6 grams Fibre: 2 grams Protein: 1 gram Sodium: 125 milligrams</p> <p><small>Source: Sobays Dietitians</small></p>
2 cups	500 ml	Green and yellow bean mix, frozen												
2 tbsp	30 ml	Salad dressing, zesty Italian												
1 clove		Garlic, chopped												
¼ tsp	1 ml	Pepper												
Directions:														

1. Put beans in a colander under hot running water to thaw. Set aside to drain.
2. Heat salad dressing in a large frying pan and sauté garlic for 30 seconds. Stir in beans until they are coated with dressing. Season with pepper.
3. Cover pan and cook over low heat for about 2-3 minutes until beans are heated through. Serve immediately to keep bright colour.



ACCREDITATION CANADA
AGRÉMENT CANADA

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

Our Accreditation Canada Survey Date is May 6-10, 2012

Accreditation Canada is a not-for-profit, independent organization accredited by the International Society for Quality in Health Care (ISQua). The Organization provides national and international health care organizations with an external peer review process to assess and improve the services they provide to their patients and clients based on standards of excellence. Accreditation Canada's programs and guidance have helped organizations promote quality health care for over 50 years.



Since 1958, Accreditation Canada has been committed to improving quality and safety in health services through accreditation. In keeping with this mandate, Accreditation Canada introduced a new accreditation program called Qmentum in 2008. Based on the latest research and evidence and extensive feedback from clients, surveyors, board members and staff, Qmentum emphasizes health system performance, risk prevention planning, client safety, performance measurement, and governance.

Qmentum fosters an increased awareness of accreditation as a powerful tool for accountability, and enables health care organizations to use accreditation effectively and easily as a roadmap for quality. It exemplifies Accreditation Canada's commitment to quality improvement in its own programs as well as within the organizations it serves. The addition of Qmentum to the Accreditation Canada product line ensures its programs remain relevant to the needs of health care organizations, and within the Canadian health care environment.

Some of Qmentum's features include updated and new standards, a **Quality Performance Roadmap**, a customized survey plan, a revised self-assessment and on-site survey process, performance measures, and new accreditation reports. It also incorporates automated measurement tools for greater and faster data exchange, improved standardization and objectivity, and less paperwork, and allows Accreditation Canada to quickly capture information from both large multi-site and smaller single-site organizations.

Working Together...

Working Together...



You made a difference!

Thank you for completing the **Worklife Pulse Tool**



You made a difference!

Thank you for completing the **Patient Safety Culture Survey**



All surveys were completed by Sept. 30th and our Effective Organization, Infection Prevention & Control, Long Term Care and Medication Reconciliation Teams are meeting to review ROPs and Roadmaps in preparation for our May survey.



Recipe Corner

Cranberry Flax Muffins

Ingredients

- 1 cup (250 mL) flaxseeds
- 1 cup (250 mL) each all-purpose flour, whole wheat flour and natural bran
- 1 tbsp (15 mL) baking powder
- 1 tsp (5 mL) each baking soda and cinnamon
- 1/2 tsp (2 mL) salt
- 2 eggs
- 1-1/2 cups (375 mL) buttermilk
- 1 cup (250 mL) packed brown sugar
- 1/3 cup (75 mL) vegetable oil
- 1-1/2 cups (375 mL) dried cranberries

Preparation

Set aside 2 tbsp (25 mL) of the flaxseeds. In food processor, finely grind remaining flaxseeds; transfer to large bowl. Add all-purpose flour, whole wheat flour, natural bran, baking powder, baking soda, cinnamon and salt ; whisk to combine.

In separate bowl, whisk together eggs, buttermilk, sugar and oil; pour over dry ingredients. Sprinkle with cranberries; stir just until combined.

Spoon into 12 greased or paper-lined muffin cups; sprinkle with reserved flaxseeds. Bake in centre of 375°F (190°C) oven until tops are firm to the touch, 20 minutes. Let cool in pan on rack for 5 minutes; transfer to rack and let cool completely.

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

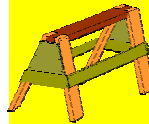
Visit the Lifeworks website: www.lifeworks.com and enter our user ID and Password

User ID: NBANH

Password:

WELLNESS

LifeWorks



Please take care when moving throughout the home while we are under construction.

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.

Donations make a Difference



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.