



THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

June, July 2012



*From the Desk of
Barbara Tremble Cook
Executive Director*



WORD POWER

The Accreditation Canada survey was held on May 7-10, 2012. We are pleased to share our letter of response stating: *"the Accreditation Decision Committee is pleased to inform you that Atlantic Baptist Senior Citizens' Home Inc. is Accredited under the Qmentum accreditation program. This is a milestone to be celebrated, and we congratulate you and your team for your commitment to providing safe, high quality health services."*

When we receive our banner and certificate we will gather with staff, residents, families and community to celebrate as an expression of appreciation for the commitment and involvement of each one in the success of this accreditation.

We are also very pleased to inform you we received Awards at the Annual Meeting of the Nursing Home Association.

Spencer Home Staff received the Quality Worklife award by the New Brunswick Association of Nursing Homes (NBANH). This award recognized the work of the Rehabilitation staff for the reduction of injuries by sending a consistent message, making the transfer assessment process a success, promoting both a safe work environment for staff as well as the residents.

Spencer Home also received the Life Enrichment Award, presented to the staff of the Recreation Department by NBANH for enhanced dining experiences in Morning Glories and Dine with Me. These programs use a peer social setting to promote nutrition and group belonging.

We are saying good bye in the next few days to the Edgeline Consulting staff as they complete their work on the plumbing project. We have appreciated their cooperation with our staff and consideration for the safety of our residents.

Summer is approaching us so we hope you will enjoy the summer with all the activities we enjoy for a few weeks each year

Thanking you for your commitment and service to the residents and families.

*Together We Care!
Barbara*

I am reminded, almost on a daily basis, of the influential power of that words have on people. Karl Marx spent his entire life writing about the demise of capitalism and the rise of Communism. But more than his Communist thinking, Marx is credited with these words, *"Give me twenty-six lead soldiers and I will conquer the world!"*

The obvious question, of course, is who were the twenty-six lead soldiers? But the question should be what rather than who, because in writing as he did, Marx was referring not to men, but to the twenty-six lead letters on a printing press. Today the analogy doesn't work exactly except that the twenty-six letters remain albeit in an electronic format in a technological savvy population. The point that Marx was making, and the point that continues to impact people the world over is that words have power; the power to build nations and the power to destroy the very bases of our society.

But the power of the written and spoken word is not only a matter of public discourse; it is the essence of everyday life as one person communicates with another. Too often, though, the words we use in conversation and correspondence are quickly chosen with little or no thought about what their impact will be. In Isaiah 55:11 the prophet clearly tells us "all words have power and meaning." And Jesus warns us in Matthew 12:36-37 that all of us will be held accountable for even our idle words.

So our words are powerful, there is no question on this point. And since they are powerful, then, the question for all of us to consider is what power am I releasing with my words? Am I building a person up with encouragement or am I knocking them down with discouraging words?

*SEE WORD POWER
Continued on page 3*

My, How Times Have Changed

SCHOOL DAYS

Remember when:

- ◆ All grades shared the same teacher and the same room of the school.
- ◆ Children learned the three 'Rs' Readin', 'ritin', and 'rithmitic and spent a lot of time learning to write neatly - good penmanship was important.
- ◆ Teachers were strict and expected children to always behave and if they didn't do their work, they had to sit on stools in the corner. "The Strap" was encouraged to maintain order in the classroom.
- ◆ Talking or even whispering during the school day was not allowed.
- ◆ Students were never allowed to leave their seats without permission.
- ◆ Children brought their lunch to school in a tin lunch pail with a lid.
- ◆ Recess saw the children rush outside to play games and explore.
- ◆ Using the bathroom meant a trip to the outhouse.
- ◆ Children walked or rode a horse to school.



We 
our staff



Please stop by
The dining room
on June 15th
and pick up
A FREE 'SMILEY COOKIE'



Presented by :
Spencer Home Quality Worklife & Education Committee

SMILING



Smiling is contagious
You catch it like the flu,
When someone smiled at me today.

I started smiling too.
I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile
Then I realized its worth
A single smile just like mine
Could travel round the earth.
So, if you feel a smile begin
Don't leave it undetected.
Let's start an epidemic quick
And get the world infected!!!

Celebrate Life

With

Emily Sarah Anstey



Emily Sarah Anstey who resides on Gardengrove was born in Trinity Bay, Newfoundland. She moved to Toronto in 1937 where she lived for about 40 years and moved to Moncton, NB just two years ago in July.

Emily got married December 8, 1951. Emily has been married for 60 years. She has five children, three girls (Hilda, Louise and Colleen) and two boys (Ralph and David). She has twelve grandchildren and eight great grandchildren. She has seventeen brothers and sisters.

One of Emily's hobbies is knitting. Her favorite thing to knit is slippers. She also loves to read Western themed books.

She says that as a child she loved to play in the sand at the beach near her home and reminisces about her dog named Prince and cat, Snowball. Emily likes to watch TV and enjoys shows like the Waltons. She also enjoys travelling having spent many winters in Florida.

WORD POWER From page one

It has been said that the "greatest untapped source of healing in life is pleasant words." Dr. David Jeremiah writes, "You may not consider yourself a physician, but you should – as long as you are dispensing words of life." Are you a "word physician"? The reality is that we all need to be!

In the context of life at Spencer Home, words carefully chosen are a crucial part of everyday life – or they certainly should be! People everywhere are impacted by the words of others, and the biblical principle of "*do unto others as you would have them do unto you*" is a guiding principle by which both resident and staff coexist.

But life isn't about just coexisting is it? It's about living a life that overflows with the fellowship of people who care one for the other. So let's spend a little time thinking about the words we speak before we do. The results will be absolutely astounding as people's hearts and lives are enveloped in a sense of peace that really does pass all understanding.

*Pastor Scott Ryder
Director, Pastoral Care*

PLEASE REMEMBER THE REAL ME WHEN I CANNOT REMEMBER YOU.

Spoken to her daughter by a mother who knew that Alzheimer's was slowly taking away her memories little by little. It has become a rallying cry for many seeking a cure for this disease that robs us of our most precious gift, our memories. The most difficult day in many people's in the day a loved one no longer recognizes them. May God guide us to a cure and provide peace and support for those with it and those caring for loved ones suffering with it.

Mountain Wisdom @facebook.com

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.

NEW EMPLOYEES

April, May 2012

Mikayla Jamieson, Dietary
Natalie Boissonneault, Dietary
Jordan Richard, Dietary
Gidget Arsenault, Housekeeping
Sue Goguen, Dietary
Mark Vale, Dietary
Tracy Steeves, RN
Adam Walton, RA

Ashley Stuart, RA
Ashleigh, Wilson, RA
Ronald Surrett, RA
Brogan Miner, RA
Sarah Horsman, RA
Jerrica Wynn, RA
Lisa Wasson, RA



FIRST AID KITS

First Aid kits are available at each Nursing Station and in the Maintenance Department. These kits are refreshed as required and maintained by our OHS Committee.

Reflections

If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

From the World According to Mister Rogers (Fred Rogers)

Meet our Staff

Cathy Smyth, RN

Cathy Smyth began her nursing career in 1975 in Philadelphia, Pennsylvania. She has worked in Halifax at the VG and IWK. She has been in long-term care since 1983 and received her Certificate in Gerontology in 2005. Cathy has worked at Spencer Home since 2001, working as the Clinical Support Nurse in section II.

The duties of a clinical support nurse are numerous. She assists the nurses with medication administration, is the Botox coordinator with Dr. Robinson and sits on many committees including Pharmacy & Therapeutics, Palliative Care, Professional Practice, OHS, and Ethics. Cathy is also a member of Spencer Home Angels of Hope Run for the Cure Team.

Cathy does the phlebotomy and is responsible for tracking all infections. She processes all medication orders and completed numerous audits on a monthly basis and orders stock when necessary. She is responsible for administering the flu and pneumo vaccines. She replaces other RNs when they are in meetings and is a vital resource to all nursing staff.

Cathy is married and the mother of three grown sons. When not working, she enjoys reading, gardening, cross-stitching, walking and spending time at her summer home on the Northumberland Strait.

NEWS FROM OUR DINING ROOM

JUNE'S SPECIAL WILL BE A BAR B Q



Tickets must be purchased in advance and are available for these special meals from the dietary dept. This allows us to know how much to prepare and avoid wastage.

As usual each Wednesday French Fries are available in our dining room and on the last Wednesday of each month a special meal is available as well.

AROUND OUR HOME



Pictured above: John Lean, from Atlantic Baptist Foundation presenting a generous donation to Roland Rackham, Board Chair, Spencer Home Foundation and Barbara Tremble Cook, Executive Director Spencer Home. The Spencer Home Foundation held the annual fundraising banquet on May 3, receiving more than \$19,000 toward the purchase of a new wheelchair accessible bus for residents of Spencer Home.

Donations make a Difference

Spencer Home Foundation expresses a sincere **THANK YOU** to Journey Church, Vail's Laundry & Cleaning and Cameron Restaurant Equipment for their support of the Lily Benefit Fundraising Dinner held on May 3rd. A special thank you as well to Spencer Home Dietary, Housekeeping and Maintenance staff for all their hard work.

We appreciate you!



Spencer Home received two awards at the Annual meeting of the Nursing Home Association. Workplace Quality award was presented to Irene Murray recognizing the work of that department in the reduction of injuries championing a safe work environment for staff and care of residents. The Life Enrichment award was presented to our Recreation Department celebrating the success of our Dine with Me program.

Congratulations to all! Pictured below are Lynn Burdock, Dietitian and Education Committee Chair, Irene Murray, Rehab Dept, Barbara Tremble Cook, Executive Director Spencer Home. Pictured in photo at bottom right are Denise Murray & Kim Bourque, Recreation Dept, Mary Bourgeois, Recreation Manager and Barbara Tremble Cook, Executive Director.



AROUND OUR HOME



Day Program Clients playing a friendly game.



Mother Bird—Dove nesting outside our main entrance



Everyone loves a new puppy

Below: April Volunteer Banquet attendees enjoying a lovely meal prepared by our dietary dept.
Right: Jessica Parree who entertained the gathering with lovely piano music.



Pictured above: Angela LeBlanc, Nurse Manager/ Admissions and Mary Biden Bourgeois, Recreation Therapist at our annual Public Information Session held at The Moncton Hospital. Gisele Arsenault from DSD was guest speaker. This event offers information regarding admission to a Nursing Home, Respite Care and our Day Program



April's volunteer banquet celebrated many years of service from loyal Spencer Home Auxiliary volunteers. Pictured above are five ladies who are hanging up their 'pink jackets' after thousands of hours of service.

THANK YOU FOR ALL YOUR HARD WORK!

The Story of Henry and His I Pod

Have you seen the YouTube video of the man named Henry who transforms once an I Pod shuffle is introduced into his life? This video has gone viral on facebook and other social media sites showing how the power of music can touch those with severe cognitive disabilities.

In 2006, social worker Dan Cohen, in a burst of inspired energy, surfed the Internet looking for long-term care facilities that made use of the iPod, the ubiquitous little matchbook-sized device that revolutionized the way we think about music and made it possible for us to take it wherever we go. He found not a one.

“With the trend to personally meaningful activities that are available to all residents all the time, iPod-based personalized music is one of the precious few activities that fit the bill for populations that have such a wide range of cognitive and physical limitations,”

Ideal for those with mid- and late-stage Alzheimer’s, MS, aphasia, depression and Parkinson’s—and, equally as important, for the bored and the lonely—this iPod approach is embraced enthusiastically by staff and families as they witness improvements in mood and behavior.

With the support of the Ladies Auxiliary, the Recreation Department has purchased five I Pod shuffles and head sets for the residents to use. Katie Blanchard a third year Recreation Therapy Intern student will be implementing this program during the next 15 weeks.



Spencer Home Men’s Coffee Club Enjoying a lunch of KFC.



A Note of Thanks From.....

Our Recreation Department



THANK YOU to the Salisbury Pathfinders for taking some of our residents outside for walks in the evening. We really appreciate those who volunteer their time. The Recreation Department is always looking for groups interested in doing volunteer service. Contact Mary Bourgeois (858-7870 ext 115) for more information.

Ferguson Knowles once again has provided the residents of our home with a reading service. Nine magazine subscriptions have been provided for resident’s use for the next two years. These magazines include Canadian Living, Reminisce, Readers Digest, Canadian Wildlife, Canadian Geographic and more. THANK YOU to Ferguson Knowles Funeral Home for contributing these magazines for the enjoyment of our residents.

INFECTION CONTROL

Food Safety Hints and Tips Picnic Safety Tips

Picnics can take on many forms, such as the community picnic, friends, neighbors, tailgate parties, or ball games. There is also one sure thing at picnics- lots of good food.

The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.

- ◆ **As always, wash hands and work areas before preparing food.**
- ◆ Plan your menu with an eye to safe food handling. **Cook in plenty of time to thoroughly chill food in shallow containers in the fridge.**
- ◆ Have enough coolers with ice or frozen gel packs in which you store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. **Pack right from the fridge into the coolers.**
- ◆ Don't put the cooler in the car trunk; **carry it inside an air conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.
- ◆ **Use a separate cooler for drinks** so the one container for food won't constantly be opened and closed.
- ◆ Find out if there's a **source of safe drinking water** at your destination. If not bring water for preparation. Pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross contamination during preparation, grilling, and serving food is a prime cause of food borne illness.
- ◆ **Pack raw meats, poultry, or seafood on the bottom of the cooler.** This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.
- ◆ Do not partially grill extra meat or poultry to use later. Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clean and there is no pink. Hamburger should not be pink in the center.
- ◆ When taking food off the grill, **don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.
- ◆ **Two hour rule.** Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or fridge as soon as you finish eating. Don't leave it out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.
- ◆ Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold foods that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

REMINDER—FOOD SAFETY @ SPENCER HOME (Policy D10067)

In supporting Best Practice in Food Safety, families or sponsors who choose to provide food to their loved one, such as food prepared in a private home are responsible for food safety. Staff are not permitted to prepare, reheat, or serve perishable food brought in by families. Such food is not to be shared with other residents. It is recommended that sponsors only bring one serving of a food item that will be consumed immediately with the supervision of the sponsor. No leftovers will be stored.



All food items brought in for resident consumption are to be documented on the Food Tracking Sheet (Form 6500.38) located on each wing.



RESPECTFUL WORKPLACE

Bullying/ Personal Harassment in the Workplace

What is workplace bullying?

Bullying is usually seen as acts or verbal comments that could 'mentally' hurt or isolate a person in the workplace. Sometimes, bullying can involve negative physical contact as well. Bullying usually involves repeated incidents or a pattern of behavior that is intended to intimidate, offend, degrade or humiliate a particular person or group of people. It has also been described as the assertion of power through aggression.

Adopted from the [Wellness in the Workplace](http://www.ccohs.ca) Guide. CCOHS (<http://www.ccohs.ca>)

How can bullying affect the workplace?

Bullying affects the overall "health" of an organization. An "unhealthy" workplace can have many effects. In general these include:

- increased absenteeism
- increased turnover
- increased stress
- increased risk for accidents / incidents
- decreased productivity and motivation
- ♦ decreased morale

What do you do if you suspect you are being bullied?

Be aware that Kenneth E. Spencer has a Respectful Workplace Policy (AA570) that explains the procedure for making a complaint, clarifies the roles and responsibilities of manager, Registered Nurse, victim/witness, and union representatives. A Respectful Workplace Incident Report tool and Are You Being Bullied-Self Test are also available.

If you feel that you are being bullied, discriminated against, victimized or subjected to any form of harassment:

- ♦ FIRMLY tell the person that his or her behavior is not acceptable and ask them to stop. You can ask a supervisor to be with you when you approach the person.
- ♦ The majority of bullying goes on behind closed doors. So tell a friend or work colleague. You may well find out you are not the only one who has suffered. It is important that you do not try to cope on your own.
- ♦ Remember, it is not just the character of the incidents, but the number, frequency, and especially the pattern that can reveal the bullying or harassment. Keep a diary of the nature of the bullying, when it occurred (date and time) and names of witnesses.
- ♦ Tell your Supervisor, Registered Nurse, Nurse Manager, or Director of Care Services.

SPENCER HOME VALUES STATEMENT:

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



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

Only a few left - Selling at \$25.00

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

Books are available from:

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

From the Nurse Managers' Office:

Working Together



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We continue to work closely with the Dr. Georges Dumont Hospital dialysis unit. We have started a trial of new communication binders that will go with the resident to each dialysis appointment. It allows nurses from both Spencer Home and the hospital a means of sharing information regarding the care of our dialysis residents.



&



Three staff members attended the three day workshop with WorkSafe NB in May and they will all be members of our OHS (occupational health and safety) committee here at the home.

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.

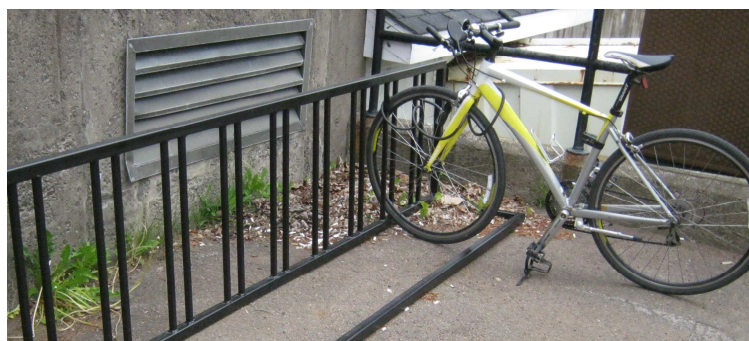
Participants enjoy a wide variety of recreation activities including chapel service, outings, puzzles and trivia, crafts, exercises, musical entertainment and much more. Activities are individualized to meet your loved ones needs. We also provide access to onsite services such as Dietician, hairdresser 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. We have openings available at this time.

Have you noticed?



New Fish Tank at Section II. Thank You to Bev and Kelly who look after our fish tanks for the viewing pleasure of our residents and guests.



We now have a bike rack located at the employee entrance of the building. We encourage staff to “Stay Fit” and ride your bike to work.

Please remember to wear your hat!



With the nicer weather approaching make sure you have a sunhat to wear when you are outside. Sunscreen is available from Recreation and the Nursing Units. We encourage everyone to go outside on the sunny days. Enjoy the flowers and garden maintained by our volunteers, sit in the shade at the front door or in our garden area off the living Room. Looking to volunteer? Many residents love to sit outside but need company when they do. Why not volunteer to enjoy the beautiful weather outside with a resident.

Working Together...



ACCREDITATION CANADA
AGRÉMENT CANADA

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

ACCREDITATION 2012

CONGRATULATIONS & THANK YOU TO OUR STAFF FOR ALL YOUR WORK

The survey results are in and show a very positive outcome.

We are accredited for a further three years. This national review and external evaluation confirms to the community the quality of care our staff deliver everyday to our residents.

Reflections

Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections. Author Unknown

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



HAPPY BIRTHDAY CANADA



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.



Recipe Corner

Rhubarb Squares

Base

1/2 C Margarine

1 C Flour

1 TB Brown sugar ...blend and press in 8x8 pan

Bake at 350 for 10 min.

Filling

1C white sugar

2 TB flour

1/2 tsp salt

3 egg yolks

1/2 C light cream

2C chopped rhubarb

Mix together and pour over base

Bake at 350 for 45 minutes.

Prepare meringue from egg whites left over from filling and put on squares after they are baked and return to oven to brown meringue.

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined all these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, he called it....Dad

Author Unknown

Happy Father's Day