

THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

August, September, 2012



*From the Desk of
Barbara Tremble Cook
Executive Director*

Summertime brings so many expectations for this short yet wonderful season of the year. We always celebrate the benefits of having young students working with us for the summer months. Students create stimulating conversations and have a fresh perspective on life. They also support programming and work projects as staff enjoy vacations.

Gardeners are back and don't we know it! We have come to enjoy flower beds and gardens that have not always been as beautiful as we enjoy today. Tuesday morning is the day to see the gardeners at work for your enjoyment!

"Just living is not enough" said the butterfly.
"One must have sunshine, freedom, and a little flower."
HANS CHRISTIAN ANDERSEN

We have been updating you on the Capital Renewal and Replacement Plan for nursing homes which funded Spencer Home plumbing project. Edgeline Construction staff and contractors were at Spencer Home from November 2011 to June 2012. We had an experience as good as we had hoped for with construction ongoing. Contractors and staff both reported an excellent working relationship and we are so pleased to have had such a positive experience. We hope staff and residents will benefit from the new plumbing fixtures. As a business we are looking for reduced maintenance work and replacement costs associated with the old plumbing system. Thank you to everyone for your patience and cooperation!

Gerald Ingersoll Executive Director –Seniors Housing is settling into his position replacing Steven Campbell who retired in March 2012. Some corporate re-branding for the organization has taken place. You will notice the name *Atlantic Baptist Housing* now describes the corporate group including Nursing Homes and Seniors Housing. We are pleased to have the business office entrance signage to assist new clients and delivery persons looking for our business office as well as directing visitors to the Visitor entrance. You may note some changes such as paint colors and signage in the business office area. Otherwise, nothing has changed!

Together We Care!
Barbara



Flooded with Faith

*By faith Noah...moved with godly fear...
Hebrews 11:7*

I have been thinking a lot about rain lately, as I am sure many people have been as well. Don't get me wrong, I love the summer sun, but the plants and flowers and crops love the summer rains as well. And when I think of sun and rain I am reminded of faith and that it's all about trusting in God for the things we need. Someone once said that "into every life a little rain must fall". I don't suppose to fully understand the intended meaning of these words, but I do receive them as having value for all of us. As we make our way through life, there will be sunny days and there will be rainy days – what is it that you do with each day as it dawns? Allow me to share the following words from Dr. David Jeremiah with you ...

You're a farmer living in medieval times. A passerby explains the features of his new smartphone. It gives you a weather report for your harvest season, a rotation schedule for using the oxen that the villager's share, the going price for chickens that your wife raises, music to listen to while you work, and you can talk to the blacksmith in the next town (and see his face) without leaving your farm. Would you believe him?

It's a thought almost as mind-boggling as Noah hearing that rain--which he'd never seen before--would fall from the sky and flood the earth. And Noah's job assignment from God for the next 100 years? Build a boat to carry your family and sundry creatures to safety. Noah tried to explain it to his neighbors. But who could believe such a preposterous story? Especially a wicked generation notorious for rampant iniquity, riotous violence, and religious indifference.

Faith can be a lonely place. Noah worked day after day on a boat that attracted contempt. He trusted God implicitly for a flood of rain he'd never seen. Noah's faithful testimony gives every believer the strength to hold on in impossible circumstances. When people insult your testimony, and you wonder how God will ever bring meaning and order out of the broken pieces of your life, take a faithful stand for Him.

Faith sees the invisible, believes the unbelievable, and receives the impossible.
Corrie ten Boom

*Pastor Scott Ryder
Director, Pastoral Care*

My, How Times Have Changed

Who remembers when a postage stamp cost a mere 3 cents? Certainly not I, but I do remember when gasoline was only 49 cents per gallon here in New Brunswick; of course cars were bigger then, than some homes we live in today! It is interesting to see that in 70 years the average wage went from \$2000 annually to \$45,000 (22.5 X the annual wage) while the average house cost went from \$10,000 to \$220,000 (22 x the annual wage); virtually the same percentage of increase. Gas on the other hand costs 26X more than it did in 1945 and the car to put it in a whopping 28 times more!

While these are American numbers, Canadian statistics would differ very little by percentage.

Cost of Living in 1945

(Average Wage: \$1,902, Minimum Wage: 40¢ per hour)

- x Average Car: \$1,020
- x Average House: \$9,914
- x Gasoline: 15¢ per gallon
- x Bread: 9¢ per loaf
- x Milk: 62¢ per gallon
- x Dozen Eggs: 38¢
- x Postage Stamp: 3¢
- x Movie Ticket: 36¢

Cost of Living in 1955

(Average Wage: \$3,301, Minimum Wage: 75¢ per hour)

- x Average Car: \$1,900
- x Average House: \$19,568
- x Gasoline: 23¢ per gallon
- x Bread: 18¢ per loaf
- x Milk: 92¢ per gallon
- x Dozen Eggs: 61¢
- x Postage Stamp: 3¢
- x Movie Ticket: 49¢

Cost of Living in 1965

(Average Wage: \$4,659, Minimum Wage: \$1.25 per hour)

- x Average Car: \$2,650
- x Average House: \$21,500
- x Gasoline: 31¢ per gallon
- x Bread: 21¢ per loaf
- x Milk: 95¢ per gallon
- x Dozen Eggs: 53¢
- x Postage Stamp: 5¢
- x Movie Ticket: 86¢

Cost of Living in 1975

(Average Wage: \$8,631, Minimum Wage: \$2.10 per hour)

- x Average Car: \$4,250
- x Average House: \$42,600
- x Gasoline: 57¢ per gallon
- x Bread: 27¢ per loaf
- x Milk: \$1.57 per gallon
- x Dozen Eggs: 77¢
- x Postage Stamp: 10¢
- x Movie Ticket: \$2.03

Cost of Living in 1985

(Average Wage: \$16,823, Minimum Wage: \$3.35 per hour)

- x Average Car: \$9,005
- x Average House: \$100,800
- x Gasoline: \$1.20 per gallon
- x Bread: 79¢ per loaf
- x Milk: \$2.26 per gallon
- x Dozen Eggs: 80¢
- x Postage Stamp: 22¢
- x Movie Ticket: \$3.55

Cost of Living in 1995

(Average Wage: \$24,706, Minimum Wage: \$4.25 per hour)

- x Average Car: \$15,500
- x Average House: \$158,700
- x Gasoline: \$1.15 per gallon
- x Bread: \$2.02 per loaf
- x Milk: \$2.96 per gallon
- x Dozen Eggs: \$1.16
- x Postage Stamp: 32¢
- x Movie Ticket: \$4.35

Cost of Living in 2011 / 2012

(Average Wage: \$44,670, Minimum Wage: \$7.25 per hour)

- x Average Car: \$28,150
- x Average House: \$218,200
- x Gasoline: \$3.89 per gallon
- x Bread: \$2.02 per loaf
- x Milk: \$3.39 per gallon
- x Dozen Eggs: \$1.25
- x Postage Stamp: 45¢
- x Movie Ticket: \$8.20

Note: Information on the prices of the items was found using the following web sites. Prices may vary on some of the items among different sources.

- ✓ www.natoonline.org/statisticstickets.htm
- ✓ www.thepeoplehistory.com
- ✓ www.akdart.com/postrate.html
- ✓ www.dol.gov/whd/minwage/chart.htm
- ✓ www.1960sflashback.com/1960/Economy.asp
- ✓ www.fiftiesweb.com/pop/prices-1955.htm
- ✓ <http://usda01.library.cornell.edu/usda/nass/ChicEggs/1940s/1946/ChicEggs-03-00-1946.pdf>

Celebrate Life

With

Rosella Melanson



Rosella Thelma Pearl was born August 7th, 1926 in Little Ridge, Albert County, New Brunswick. Rosella was the youngest child in a family of fourteen growing up on the family farm. Her parents, Innis and Harden Kinnie, were always there for Rosella when she needed them. In her teenage years, she moved to Saint John, but became homesick and returned home a year later.

When Rosella was 19, she met her future husband, Henry Collier. They met on her parents' farm, where Henry came to work. She married him, and also had her first child at the age of 19. Henry and Rosella had three children – Darlene, Carol, and George. They are all married with children now. Rosella and her family moved to Alma where she ran a canteen called Fundy Take-out for about 8 years. The canteen is still in operation. Rosella also worked at other canteens throughout the park including the pool house. Following in their mother's footsteps, both of Rosella's daughters work in Fundy National Park today.

Rosella and her family were always connected to the Fundy National Park. Her grandparents were from an area called Kinnie Brook and Rosella's mother grew up in Lakeview which is presently known as Wolf Lake.

Rosella's husband passed away in 1970. She spent many years living with her daughter, Darlene, prior to moving to Castle Manor in 2003. Following this she spent two years at Fundy Royal Manor in Hillsborough before moving to Spencer's in 2011.

Some of Rosella's fondest memories of the past are going square-dancing every weekend with her husband and her two oldest children, and decorating the Christmas tree every year with the kids. She loves turkey dinners and the summer time because it is so warm. Rosella's pride and joy is her family and she loves talking about her grandchildren and great-grandchildren.

What's Old is New Again



Whoever said that old cotton t-shirts would be used in a new, fashionable way? T-Shirt Necklaces can be made with assorted colors or one single color. You can add old pendants, earrings, broaches, and more to accessorize to your own preference. Both Recreation and Adult Day Program clients participated in the making of the T-Shirt Necklace modeled here.

Please remember to wear your hat!



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.

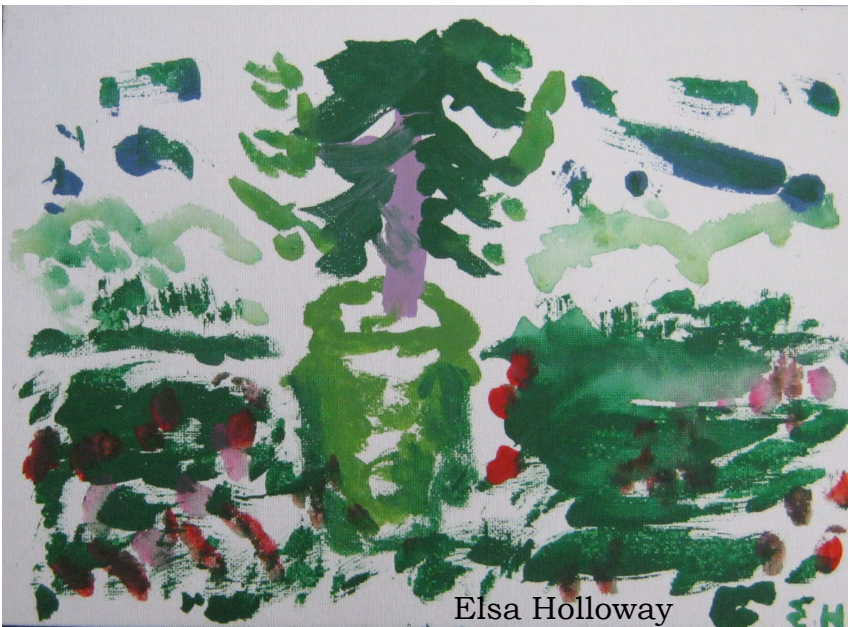
AROUND OUR HOME

Painting to Music

Expressive Arts are one of the most well-known and most implemented therapies in the profession of Therapeutic Recreation. This program, implemented by the Recreation Department, combines two Expressive Arts: visual arts and music. The facilitator created a calming, relaxing environment for our clients and provided them each with their own canvas and acrylic paints. Approximately five songs of different genres and tempos were played on repeat for the remainder of the program. Our clients were told to select a song which they felt most connected to and to paint what they felt in relation to the music. This activity allowed for clients to reflect on feelings and to express themselves through abstract painting.



Jessie Amos



Elsa Holloway



Lillian Ruswurm



THANK YOU to our Dietary Staff who prepared the delicious Smiley cookies for a staff appreciation day recognizing **“POWER OF A SMILE DAY”**.



Summer Music on the Wings

Music has an amazing way to unlock memories. Individuals, especially those with dementia, will remember the melodies and lyrics of old familiar songs as well as the life experiences that music evokes. This is true for all stages of the disease and research confirms it.

It has long been reported that singing on a daily basis will raise the brain chemicals melatonin, epinephrine and norepinephrine in the blood levels, thus positively affecting the mental state. Individuals became more active, more cooperative, less agitated and often sleep better.

Julie Wasson is a second year Bio Medical Student at University of Ottawa. This summer Julie has joined the Recreation Department as a SEED student for ten weeks. During this time she has been playing violin on the units for the resident's enjoyment. Wing based music programs allow those residents who do not participate in regular music programs to participate.



Irene Smith



Cis Nielson

Student Interns at Spencer Home

Many have had the opportunity to work with our student interns this spring and summer. Katie Blanchard is completing her education in Therapeutic Recreation and Nancy El-Tawil in Dietetics. Pictured below left is Katie giving information on KEY-ping Time iPOD project. Below on the right is Nancy with a presentation on Supporting Optimal Nutrition for the Elderly. We would like to thank Nancy and Katie for all their hard work during their time here for both these projects as well as the Women's Wellness Project (see page 10). We wish you well in your future endeavors.



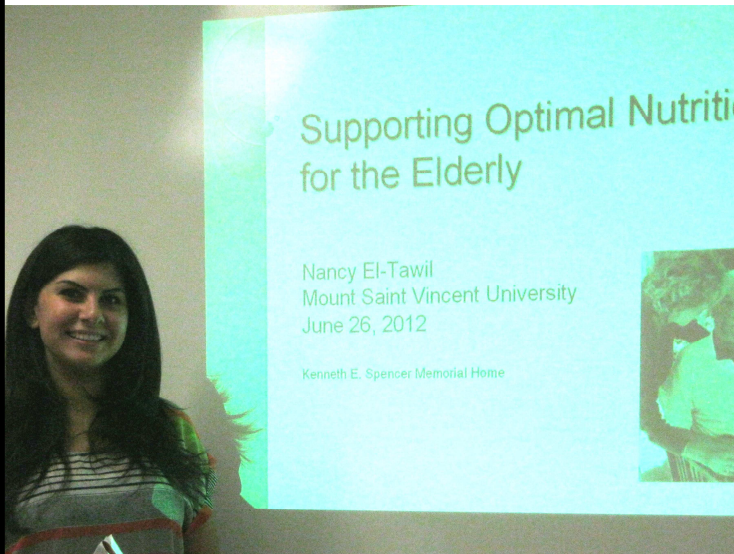
The time I spent at Spencer's was much appreciated. It gave me the opportunity to experience a new city while still being close to home [PEI] for my internship. I met many wonderful people – staff and residents included – some of whom I'll never forget. Though studying under Mary for the summer, many of the nursing and business staff were amazing at answering any questions I may have had. I look forward to finishing my Therapeutic Recreation degree this December from the University of Waterloo. Thank you for a great summer!

Katie



I am grateful for the opportunity to have completed my Dietetic Internship here at Spencer's. I have met many great individuals that have all taught me something, both staff and residents. Working within Geriatrics is a rewarding experience. This is my last placement, and I am expected to graduate this fall from Mount Saint Vincent University, in Halifax Nova Scotia, my hometown. Thank you for making me feel welcomed and providing the proper experience to further my knowledge in both dietetics and geriatrics care.

Nancy El-Tawil



NEWS FROM OUR DINING ROOM

September's Special is Pizza



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.








UNDERSTANDING BEHAVIOR

QUESTIONS TO ASK:

REMEMBER:

-  What do I notice?
-  What are the changes?
-  What risk does it pose?
-  What is the person trying to tell me?
-  What could be the cause(s)?
-  What is my response?
-  What happens when I respond this way?
-  What needs to be shared with others?

-  All behavior has meaning.
-  There is a reason for what the person is doing.
-  What works at one time may not work at another.
-  You can do a great deal of good in a moment.
-  **Approach is everything.**



It is a privilege to work in the specialized area of caring for seniors. Each one of us is accountable to provide quality care. In doing so, safety must be kept at the forefront. Our workdays are busy and often we are faced with challenges. Working as a team will support everyone. Here are some ways to be a good team player:

- ◆ Be open to other people's ideas and suggestions.
- ◆ Take an interest in the people around you and listen to what they have to say.
- ◆ Try to be flexible.
- ◆ Ask how you can help.
- ◆ Make sure everyone has a chance to express his or her ideas.
- ◆ Share the credit with others for a job well done.
- ◆ If your team makes decisions by consensus and you disagree with the decision, state your concerns, then support the decision.

Source: The Work Book by Marianne Jacobbi; 2010 Ceridian Corporation

INFECTION CONTROL

Clostridium Difficile (C.difficile)

- ⇒ C.Difficile is a bacteria that produces a toxin that can cause an inflammation of the intestinal tract. The usual symptoms are fever, abdominal pain, cramping and diarrhea. Stool in some instances may have blood.
- ⇒ C. Difficile may be part of the normal flora of the large intestine. In some instances, it can be acquired during hospitalization.
- ⇒ Some antibiotics can change the normal flora balance in the large intestine making it easier for C. Difficile to grow resulting in infection.
- ⇒ C Difficile has been found on hands of people and in the environment surrounding those with an infection.
- ⇒ C. Difficile is diagnosed through a stool sample that is sent to the lab. **Staff and visitors must pay particular attention to good handwashing.** Visitors and staff must wash hands when they come in and leave the room of the infected resident. Visitors should not be sitting on the bed of an infected resident.
- ⇒ **The best protection against becoming infected or passing organism on to other residents or family is utilizing good infection control practices such as HANDWASHING, PROPER GLOVE USE AND WEARING AN ISOLATION GOWN AS INDICATED.**

LifeTimes

BECOMING A POSITIVE PERSON

I hate brussel sprouts! OR - brussel sprouts are my least favorite vegetable. Both say the same thing but one is much less negative than the other.

It is easy to fall into negative thinking and speech; perhaps that is why we seem to be surrounded by it. There is however often a positive aspect to any situation. At least I have brussel sprouts when many people in the world are hungry.

Positive thinkers focus on the good and philosophers would have us believe that we get what we look for. I personally believe this to be true and while not every moment in life can or will be positive, our thinking can swing the balance to more positive than negative.

Positive thinkers have less stress and sickness. It is not that they have no negatives in their lives, they just handle it differently.

To become a positive thinker, try to apply some of the following to your daily life:

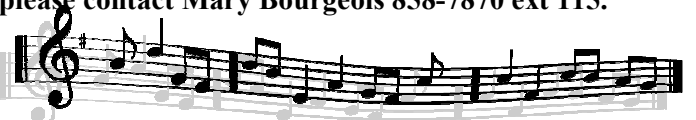
- ◆ Learn to live with things you cannot change. Some things just 'are'. Learn to live with it!
- ◆ When looking at what you can change; explore how something could work then investigate how these changes would make it better or worse for everyone.
- ◆ See an error as an opportunity to learn.
- ◆ Encourage those around you to try the same and focus on times when they are right; not wrong.
- ◆ Do not be critical of others; you do not know their circumstances in life; maybe they are doing the best they can and your positive encouragement is just what they need.
- ◆ Focus on what you have (not just objects but in your family life and work life as well).

We live in a land of plenty with great freedoms and opportunities. We are held back only by the limitations we place on ourselves and negative thinking is a limitation.

Musical Entertainment

The Recreation Department is looking for music groups who would be willing to volunteer their time to perform for the residents. We usually have music Thursdays at 2:00 but other times are available.

If you are interested or know someone who may be, please contact Mary Bourgeois 858-7870 ext 115.



KEY-ping Time – The iPod project

The KEY-ping Time pilot project is in its sixth week. The program will be implemented for ten weeks in total. At this point in the pilot clients have had the minimum of a weekly session of thirty minutes. Medication usage during this time has been tracked to see if linkages can be shown. We are still looking for ways to have the iPods accessible 24/7 to clients participating. A referral sheet will be available the end of August to refer new participants to the program.

A music library is being established for use with the project. Anyone who has music on disk from the 20's to the 70's that we could borrow to build this library please bring it in to the Recreation Department.

An inservice to discuss the project will be held on August 14th and August 15th. Look for times on the bulletin board.



Reminisce Project

The Recreation Department is developing a Reminisce Session related to Atlantic Canadian food products. We are looking for the following items:

1. King Cole Tea box
2. Scotsburn Ice Cream
3. Ganong Chicken Bones
4. Crosby's Molasses
5. Covered Bridge Chips
6. Terra Beata Farms Dried Cranberries
7. Oxford Frozen Blueberries
8. Newfoundland Chocolate Company
9. Northumberland Milk
10. Local Maple Sugar producer bottle
11. Brunswick Sardine Can with wrapper
12. McCain's French Fries bag
13. Cavendish Farms French Fries Bag
14. Windsor Salt
15. Sussex Ginger ale
16. Robertson's hard candy or ribbon candy
17. Any other local food product that residents could reminisce about.



We require the clean container and wrapper only. Only one of each item is required. If you have any of these items please drop off at Recreation.



THE RESPECTFUL WORKPLACE- It's Ours to Build

What does the word respect mean?

According to Webster Dictionary, *Respectful (adj)*- marked or characterized by respect; as, respectful deportment

Respect is a positive attitude any of us can choose to adopt at any time. Respect for others follows the respect we give ourselves. Self respect – paying positive attention to our emotions, interests, and needs – creates the emotional and mental space that allows us to move on to see others as valued members of the human race who also have emotions, interests, and needs. Disrespect takes its toll in every domain, from family life to work. The important thing in any moment is to act with respect, even if you are having a difficult time feeling respect for someone's aggravating behavior or objectionable demand. (From www.viha.ca)

How do we demonstrate respectful behavior? To be respectful we:

- Treat other people the way you want to be treated.
- Be courteous and polite.
- Listen to what other people have to say.
- Don't insult people, or make fun of them, or call them names.
- Don't bully or pick on others.
- Don't judge people before you get to know them.

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.

From our Business Office Working Together



&



**RBC
Royal Bank**

This month saw a collaboration between RBC and our business office. RBC extended an invitation to a "Lunch & Learn" featuring ways to identify and minimize fraud in our everyday lives and workplace.

Thank you to RBC for this opportunity.

Women's Wellness Program

The Women's Wellness Program ran for a total of 5 weeks with a small group of women who reside at Spencer's. The goal of the program was to create a sense of group cohesiveness and belonging among the participants. Each week, topics were discussed in relation to wellness including diet, leisure, and women. Following the completion of the final session, participants were asked to evaluate the program. Comments are below:

- ◆ ...freedom to be yourself."
- ◆ "The interaction among all of us. We spoke what we thought. We enjoyed each other."
- ◆ "... women are stronger than they believe, they have inner strength that [they] often forget to tap."
- ◆ "Good to get together. Important to have friends."
- ◆ "Relating with others..." is important to supporting wellness.
- ◆ I learned to "... respect what other people say."

The above comments reflect the success of the program. We hope to implement similar programs in the future.



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

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 Dietitian, hairdresser and foot care. You can enjoy a homemade meal and two healthy snacks during your visits. Therapeutic diets are available.



Welcome to the first
**Spencer Home Foundation
News & Views**

The Spencer Home Foundation, a registered charity (799935754RR0001), has been established to raise funds, not provided by the Provincial Government, to enhance the quality of life of the residents of Spencer Home.

Music is healing to the soul and in 2010, thanks to many generous donors, the Spencer Home Foundation was able to purchase a Yamaha Baby Grand piano for the chapel. You would be encouraged seeing the joy on the faces of our residents as many gifted musicians come to the home to entertain these seniors; many of these seniors.

The new project identified by the Foundation is the purchase of a new wheel-chair accessible bus. Our goal is to raise \$90,000. The old bus is no longer reliable.

There have been costly repairs made to it many times over. Numerous stories about breakdowns can be told; discouraged seniors left waiting in wheelchairs on the malfunctioning bus while a staff member seeks help, veterans dressed in uniform, secured in their wheelchairs on the bus, waiting to leave for a Remembrance Day Parade and the bus refusing to restart. These saddened and disheartened veterans never did get to the service! Many more stories could be told about hearts saddened by **'a bus that would not go'**.

We feel that a new bus is more than a **WANT**, we believe it is a **NECESSITY**.

At our May 3rd fundraising dinner nearly \$22,000 was raised towards the purchase of the bus. To date there is in excess of \$25,000 now set aside towards the purchase of this bus; with another \$13,000 committed towards this worthy project. We are well along the way towards our goal of \$90,000. We hope to purchase the bus by May 2014 at the latest- sooner would be better.

Fundraising activities need dedicated volunteers and although we have a highly motivated Board, there is room for more volunteers on the Foundation Board. A well used quote, "many hands make light work", is still as true today as it was many years ago.

Why not consider volunteering on the Foundation Board? Fresh ideas and creative thinkers are welcome. If you do not feel you have the time to commit to all Board activities, consider just being a committee volunteer.

Feel free, without obligation, to contact myself or any board member to see how you could help enhance the quality of life of the Spencer Home residents.

Roland

Roland Rackham, CHFC, Chair
35 Atlantic Baptist Avenue
Moncton, NB E1E 4N3

rrackham@nbnet.nb.ca
Res: 856-7029
cell: 506-850-0010

Memorials & donations may be made through the Spencer Home Foundation website utilizing canada-helps.org or at the Spencer Home business office (open Monday—Friday 8am-12:30 & 1:30-4pm).

Reflections

When we resign ourselves to the wishes that will never come true, there can be enormous energies available within us for whatever we can do.

From "Wisdom From The World According to Mister Rogers"; Fred Rogers

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



Recipe Corner

MAPLE PECAN TARTS

1/4 Cup Butter/Margarine

2/3 Cup Packed Brown Sugar

2 Eggs

1 Tsp Vanilla

1/3 Cup Maple Syrup

2/3 Cup Coarsely Chopped Pecans

12 Tart Shells

In a medium bowl, cream butter and brown sugar until fluffy.

Beat in eggs and vanilla.

Beat in maple syrup, fold in pecans and immediately spoon into tart shells that have been placed on cookie sheet..

Makes about 12 tarts. Very easy to double or triple. Easy to make and takes very little time.

Bake @325-350; 20-25 min

Cheryl Berry



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.

HAPPY LABOR DAY

Labor Day can be traced back to April 15, 1872, when a Toronto Trades Assembly organized Canada's first significant demonstration for worker's rights. The aim of the demonstration was to release the 24 union leaders who were imprisoned for striking to campaign for a nine-hour working day.

Although at this time, trade unions were still illegal the Toronto Trades Assembly organized and encouraged workers to form unions, worked to solve disputes between employees and employers and watched out for the mistreatment of workers.

There was an outpouring of public support for the April 15th demonstration forcing authorities to recognize the importance trade unions would play in the evolving Canadian workplace.

The Canadian labor Congress was formed in 1883 as a result of an organized march in Ottawa that passed by the home of Canada's first Prime Minister, Sir John A. MacDonald. Late in the day when he appeared before the gathering, he promised to repeal all laws against the unions and in keeping his word, paved the way for today's unions.

Labor Day was originally celebrated in the spring but it was moved to the fall after 1894. While any countries have a holiday to celebrate workers' rights on or around May 1 (May Day), the USA share the same holiday as Canadians.

