



THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

October, November, 2012



*From the Desk of
Barbara Tremble Cook*

The Gardening Season 2012 is coming to an end. On behalf of the residents we thank you again for your commitment this year! If anyone knows an individual or a couple who likes working outside with others, please let us connect them with our gardening group. The group needs to be sustained as the members "retire" we extend an invitation to others to take an interest in sustaining the 2013 gardens for the enjoyment of the residents and families. We have lots of windows so the work is not hidden or lost here at Spencer Home!

Salute to our Veterans who are living with us. We express our thanks and appreciation for the contribution made for us to live in this wonderful country Canada with the freedoms we enjoy.

We are advertising on Career Beacon for a 'volunteer' Volunteer Coordinator. If you know someone who would like to volunteer in this capacity please advise them. The coordinator could be involved in activities such as mentoring, recruiting, training, screening, scheduling and meeting with the volunteers to ideas and make plans together. Wonderful opportunity for someone!

Person centered care is not new. It is the current label. Similar approaches are resident focused care and individualized care. Reflecting on this, it seems the name, descriptor or label is to sensitize us. We need to think about what we do and provide as if we are receiving the care and service ourselves. What do we want? Privacy, respect, cleanliness, laughter, access to entertainment, someone to talk to, something to do, nothing to do, .and the list goes on. We do it well and we know we can do it better.

Thanksgiving is a time to stop and be thankful. How many of you are keeping a gratitude journal? This is just a way for us to stop daily and remember all that we have to be grateful for. Maybe we need a gratitude wall here at work. It is amazing what we take for granted in our lives from day to day. The benefits of appreciation for what we have are now the subject of best sellers. Have you read *The Magic*?

Expressing thanks is not a new concept which this quote demonstrates to us

*"No duty is more urgent than that of returning thanks"
Saint Ambrose (AD 340-397)
Theologian and Catholic Bishop*

Thank you to residents, families, staff and volunteers for your contribution to the life we share at Spencer Home. Happy Thanksgiving!

*Together We Care!
Barbara*



"What to Do When You Don't Know What to Do"

"What to do when you don't know what to do?" I don't know who first asked this question, but it is an interesting thought. And when you think about it, it depicts a situation that everyone has found themselves in at one time or another. It's a scary place to be I realize, but it is a place from where we come to a very basic reality of life – that there are times when we don't know what to do, and what we need more than anything else is someone to talk to – a friend. In troubled times, on difficult days, when life happens and you don't know what to do, all you can really do is turn to a friend.

Recently I became involved in a difficult, ongoing situation with a resident. No one really knows what the problem is, and because of the tension between everyone involved, no one really knows how to solve the problem. But the solution is really quite simple, and that's where I became involved; and all I did was make myself available to the resident and encouraged her to talk, to me, and then to the staff involved, because the solution is really quite simple.

There is an extremely powerful but calming force that comes into play when people talk. When people are willing to talk, communication takes over and even the most helpless of situations suddenly becomes nothing more than a misunderstanding that is not worth losing a friend over.

So when you find yourself not knowing what to do, all you really need to do is find a friend and start talking, and keep talking until you know what to do.

In our daily lives, and in the lives of the residents at Spencer, there are many times when we don't know what to do. These times can be lonely and even discouraging times. We all need to recognize that we all have a role to play in the

Continued on Page 3—see "What to do....."

My, How Times Have Changed

Harvest Time



With the changing leaves and cooler evenings our thoughts turn to the fall harvest. Without a doubt, we have been enjoying the fruits of our labors throughout the summer with fresh berries, beans, cucumbers, lettuce, radishes and all. September and October bring the final garden clean up with fall fairs, giant pumpkin contests & jack-o-lanterns.

“What memories does harvest time hold for you?”.

If you were raised on a farm, harvesting would have started in the early summer with ‘haying time’, whether the hay was baled or brought in loose and moved into the haymow by hand or using a huge fork working on a block and tackle pulled by a horse or a tractor. Regardless, what fun to ride the load from the field into the barn where someone waited with a pitcher of ice water to be shared. Today hay is baled and wrapped in plastic and left in the fields..



Haying was followed with berries of all kinds made into jams and jellies and oh the wonderful smell of fresh apples. Apple pie, apple crisp, apple cider, apple sauce or canned apples cooked on the stove and ‘put up’ in glass jars



that were lined up on basement shelves for winter feasts and family gatherings.



Along with apples came the potato harvest. In early days, potatoes were gathered and put in burlap sacks that were then placed on a trailer and moved to storage. This evolved to picking in baskets

that were dumped into barrels. A barrel would be about 30” high and 19” across. It would take four good baskets to fill one barrel and a good days work would yield at least 40 barrels for each picker. The barrels would be lifted onto the back of a truck or trailer with a battery powered hydraulic hoist and moved to the potato storage house. Today potatoes are dug and gathered with a ‘harvester’ that digs, sifts out the dirt and rocks and delivers them to a bulk truck that moves them to storage. Few people even work on the harvester anymore.



Whether harvest time was experienced through life on a farm or a trip to the market it meant special mealtimes with picnics in the summer, hodge podge dinners and corn boils in the early fall with pies made from fresh fruit.

All this and pumpkins aplenty for thanksgiving pies and please oh please you must save at least one for a jack-o-lantern. This I am happy to say has not changed.



I DIDN'T HAVE POTATOES

I didn't have potatoes,
so I substituted rice.
I didn't have paprika,
so I used another spice.
I didn't have tomato sauce,
so I used tomato paste;
A whole can, not a half can-
I don't believe in waste.
A friend gave me the recipe;
she said you couldn't beat it.
There must be something wrong
with her.....
I couldn't even eat it!

Author Unknown



NEW EMPLOYEES August, September 2012

Dara Sprague, RN
Rebecca Campbell, LPN
Lissa Brocke, LPN
Chris Breau, Dietary
Jayme Ellis, Dietary
Logan Shaffer, Dietary
MacKenzie Mollins, Dietary
Katie Brideau, Dietary



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



Saturday, November 3rd, 2012
 10:00 a.m. – 3:00 p.m.
 At the Home

35 Atlantic Baptist Avenue, Moncton, NB

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

See you there!

Celebrate Life

We regret that Celebrate Life column is not available for this issue. It will be included in the December January issue as usual.



**FUNDRAISING TO
 BUY A BUS**

Spencer Home Foundation would like to thank everyone who contributes to the campaign toward the purchase of a new bus for the residents of Spencer Home. Thanks to your generosity, we are more than half way there.



Continued from page 1 "What to do...."

well being of each other. The Apostle Paul, writing in 1 Thessalonians 5:11 urges us to "encourage each other – to build each other up." If only we would realize how pleasant life would be for ourselves and for the residents of Spencer if only we took the time to talk to the people we encounter every day; and to not only talk, but to also listen. For when we talk and listen, we learn, and when we learn, we are able to help one another. When this happens, over and over again, increasingly, our jobs, our lives become much more rewarding and fulfilling and yes, enjoyable!

So the next time you don't know what to do, find someone to talk to and watch what happens!

***Pastor Scott Ryder
 Director, Pastoral Care***

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.

Thank You

Once again we express a sincere thank you to Dorothy Murray and all the volunteers who work with her in maintaining our lovely flower gardens.



The home is always looking for volunteers to support their many programs. Volunteers can pick from a wide range of tasks. We are currently seeking volunteers to help with the following programs:

- Transportation of residents to and from programs:
 - ⇒ Tea and Chapel Program -Monday to Friday 08:30 – 12:00
 - ⇒ Tea Program - Saturday and Sundays 08:30 – 10:00
 - ⇒ Chapel – Sunday 2:00 – 3:00
 - ⇒ Special Events – Thursdays 1:30 – 3:30 or as scheduled
- Friendly Visiting – As requested
- Pet Visits – As requested
- Bingo – Mondays 6:00 – 8:00
- Ladies Auxiliary – Week days – Various activities

Anyone interested in volunteering must complete an application and a police check. Forms are available from Recreation.



Musical Entertainment for Residents

The Recreation Department is looking for music groups who would be willing to volunteer their time to perform for the residents. You may bring your own instrument(s) or play our baby grand piano if you wish.

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.





Johnny's Coupons

Saving You Money Everyday

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

Books are available from:

Cheryl Berry (Ext 118),

Mert Garland (Ext 106)

Wanda at the Reception desk

**THE NEW BOOK IS EFFECTIVE
UNTIL END OF OCTOBER 2013.**

This is a fundraising project of




To Do:
Clean
Closets

With the season changing again, we remind families to remove summer clothing as they bring in the fall and winter wear.

Thank You

National Infection Control Week

October 15th—19th, 2012

The third week in October is designated as National Infection Control Week (NICW) in Canada and the U.S. In Canada, Infection Control Week originated in 1988 to highlight infection control efforts in Canadian hospitals, long-term care facilities and in the community. It was an opportunity for infection control professionals to educate staff and the community about the importance of infection prevention and to promote the important work that was being done by infection control professionals in a visible and fun way. In 1989 the federal government proclaimed Infection Control Week as an annual event.

**SPREAD KNOWLEDGE
NOT INFECTION!**



COMMUNITY AND HOSPITAL INFECTION CONTROL ASSOCIATION-CANADA

Poster concept by: Bridget Maxwell RN, DVE Health Centre, Halifax, Nova Scotia
Poster contest hosted by: CHICA New Brunswick/Prince Edward Island | Poster contest sponsored by: ECOLAB

We ❤️ our staff

**SPENCER HOME
ANNUAL OCCUPATIONAL
HEALTH & SAFETY FAIR**

Tuesday, October 23

1-1:30

In the Chapel

Everyone welcome !



Presented by :

Spencer Home Quality Worklife & Education Committee

Children's Halloween Spooktacular

SPENCER HOME RECREATION DEPARTMENT INVITES YOU TO A HALLOWEEN PARTY

Thursday, October 25th, 6:00-7:30pm

Staff & resident's children, grandchildren, great grandchildren & great-great grandchildren are invited to the home for some Halloween fun!

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

Please Note:

- In order for this event to be a success, we need donations of treats/money to provide candy and activities. This program operates on donations only.
- We welcome volunteers to help with activities in the Chapel.
- If you are interested in donating treats/money, please drop off at the Recreation Dept. All donations must be dropped off at Recreation for counting and will be divided and taken to the wings that evening.
- If you are able to volunteer for this evening please contact Mary Bourgeois as soon as possible as we depend on volunteers to help in the activities for the children in the Chapel. Mary may be reached at 858-7870 Ext 115.



NEWS FROM OUR DINING ROOM

Upcoming Specials

October 3rd



Pizza

October 24th



Harvest Dinner

November 28th



Chicken Finger Plate

As usual each Wednesday French Fries are available in our dining room.

U FIRST



We are currently developing a U First committee and are seeking interested staff members from all areas who may be interested. U First is a collaborative approach to identifying residents with challenging behaviors and developing strategies to help with their care needs and safety. We plan to have regular meetings and discussions and be available to staff to help work through the process and develop a plan. Please contact your nurse manager if you are interested.

Thank You



DID YOU KNOW?

Trained employees complete a monthly workplace inspection supporting a safe work environment for all staff. Results of these inspections are reported to the Occupational Health Safety Committee.

Members of the Infection Prevention and Control Committee complete environmental and infection control inspections monthly as a best practice measure in infection prevention and control for all staff.



**Everyone is responsible to support food safety for our residents. Please remember to use the food tracking sheet to record food brought into our home.*

**This form (6500.38) is available on each wing.*

INFECTION CONTROL

TEN TOP REASONS FOR GETTING A FLU SHOT:

10. You have a chronic medical condition
9. you have a weakened immune system
8. You are a senior citizen
7. You're 6-23 months of age
6. You are a health care provider
5. You provide essential community services
4. You can't afford the time off work
3. You're travelling to another country
2. you live with someone who has a chronic medical condition.

AND THE #1 REASON YOU SHOULD GET THE FLU SHOT IS....

1. You care about your own health and the health of those around you.



Key-Ping Time – iPod Project

The Key-Ping Time – iPod project is now ready to take referrals from am staff or family who feel a resident may benefit from the program. Referral forms are available at both Nursing Stations.

Every attempt is made to make the music requests as client centered as possible. In order to do this we are looking for CD's of the following artists:

Statler Brothers
Tom Jones
Johnny Cash
Wayne Newton
Mahalia Jackson
Patsy Cline
Daniel O Donnell
Fats Domino
Cat Stevens
Rita MacNeil

If you have any of these CD's and would lend them to the Recreation Department we would really appreciate it. CD's may be dropped off at the business office or at the Recreation Dept and will be returned to you.

Giving Tree



Once again we will be creating a Giving Tree to support residents during the Christmas Season.

We encourage you to think of our residents as you begin your Christmas shopping. Below is a sample list of items our residents find useful. In December, the "Giving Tree" will be placed outside Recreation Department with tags noting specific items residents need. Interested individuals are then invited to take a tag off the tree with a request for a gift; purchase the gift and return it unwrapped to the Recreation department.

Generic Items Residents Need:

- Diabetic Candy
- Soft Chocolates—rosebuds etc
- Non elastic socks for men and women
- Tim Horton Gift Cards
- CD's from above list
- Newspaper subscription for unit
- Unscented lotion
- Unscented Dove soap
- Calendar with large squares
- Nail polish & remover
- Stay Ups
- Lip Balm

YOGA

Yoga is a commonly known generic term for physical, mental, and spiritual disciplines which originated in ancient India.

It contributes to finding peace with yourself and in being in control of your body by improving flexibility and increasing strength and mind body awareness. Yoga is well known as a means of stress reduction. You may practice physical poses or simply use breathing. Conscious breathing will reduce stress and allow your body to return to its natural state of relaxation.

Calm energy will be the result of careful breathing. Quiet your breathing with deep slow breaths and this will send a message to your nervous system to be calm.

Review the following four steps, open your mind to the possibility that this works and try it for a few minutes every day to begin.

- Sit with your spine as straight as possible. Use a chair if necessary but don't slump into it. Feet flat on the floor with knees directly over the center of your feet. Use a book or cushion under your feet if they do not rest comfortably on the floor. Hands are on the tops of your legs.
- Close your eyes gently and clear your mind.
- Think about your body core. Your ribs, at the front, back, and the sides of your body surround your lungs.
- Feel your lungs filling up, your ribs expanding out and up. Allow your lungs to empty, notice your ribs coming back down and in. Don't force your breathing; exhale gradually.

The first few times you do this, try it for 2 to 3 minutes gradually increasing each time until you are up to as much as 10 minutes. When you learn how good it makes you feel, you'll want to do it even more often than once a day; if even for a short amount of time.

Spencer Home is pleased to advise that Rogers Cable has recently completed rewiring the building which makes additional services available. Some of these services include Digital TV, Rogers on Demand, Hi Speed Internet and Rogers Home Phone.

Residents who have a TV in their room are charged a basic cable TV amount of \$27.00 per month which is deducted from the Trust Account. Residents who no longer wish to have a TV will continue to be charged until a maintenance requisition is completed by the unit staff. Residents who would like to have a TV must have the staff on the unit complete a requisition to have it hooked up.

Any additional TV channels, internet, or home phone service may be arranged and billed directly through ROGERS.

If you would like to take advantage of any of these additional services, please contact one of the following:



	Ernest McKinnon	Michael O'Connell	Marlene Crandlemire	Jayson MacDonald
Local	(506) 871-2978	(506) 962-0884	(506) 962-1060	(506)962-0466
Toll Free	1-877-620-3751	1-877 660-3279	1-877-605-6438	1-877-883-8357



THE RESPECTFUL WORKPLACE

What is the difference between "conflict" and "bullying"

Conflict is defined as a difference of wants, needs, or expectations. The workplace is filled with people who have differences of wants, needs and expectations, so of course, conflicts will occur. Conflict, in its best form, is a catalyst for debate, conversation, dialogue and discussion.

Bullying is persistent unwelcome behavior, mostly using unwarranted or invalid criticism, nit-picking, fault-finding, also exclusion, isolation, being singled out and treated differently, being shouted at, humiliated, excessive monitoring, and much more. In the workplace, bullying usually focuses on distorted or fabricated allegations of underperformance.

RECOGNIZING THE DIFFERENCE BETWEEN NORMAL PEER CONFLICT AND BULLYING

Normal Peer Conflict	Bullying
Equal power	Imbalance of power
Happens occasionally	Repeated negative actions
Accidental	Purposeful
Not serious	Serious
Equal emotional reaction	Strong emotional reaction from victim and little or no emotional reaction from bully
Not seeking power or attention	Seeking power, control
Not trying to get something	Attempt to gain power, recognition
Remorse – will take responsibility	No remorse – blames victim
Effort to solve the problem	No effort to solve problem

Education Resources

Please note: the Conference Room is now our Education Resource Center. All DVDs, CDs, VHS Tapes and books have been moved to this room.

The computer is available with speakers & a 23 inch monitor.



From our Nursing Dept.

Working Together



& Dr. Lisa Searle

Dr. Searle visited our home and delivered a presentation concerning Palliative Care. This education opportunity was open to all staff and other nursing home personnel in the area. **Thank You Dr. Searle for working with us in support of our education program.**



HIP PROTECTORS

HIP FRACTURES:

- Result in 28,200 hospitalizations per year
 - Lead to reduced quality of life (e.g., due to pain, decreased independence)
 - Have a one-year mortality rate of approximately 20%
 - million that is expected to rise to \$2.4 billion by the year 2041.
- Cost society about \$34,000 (1997 Canadian dollars) per resident of long-term care in the first year, for an annual estimated cost of \$650

PREVENTION STRATEGIES INCLUDE:

- Prevention and treatment of osteoporosis
- Prevention of falling
- Use of hip protectors
- Garments or undergarments with pockets on each side, into which protective pads are inserted.
- Protective pads may be hard or soft-shelled.
- In the event of a fall, the pad absorbs or disperses the force away from the hip.



Whether you are interested in long term care, a short term stay, or a day program, Spencer Home can accommodate your need. We are an Accredited level three nursing home operating in the Moncton area for more than 39 years. We offer:

- Long Term Care for individuals requiring daily nursing care.
- Relief Care for those who require nursing care for a short term such as a convalescent period or in circumstances where a caregiver is away or unavailable.
- Adult Day Program with the opportunity for individuals to attend Monday-Thursday-9am-3pm.

**For more information or to arrange for an appointment please call us at
858-7870**

Day Program:

**Mary Bourgeois
Recreation ext. 115**

Long Term & Relief Care:

**Angela LeBlanc
Nurse Manager ext. 113**

**Jennifer Steylen
Nurse Manager ext. 112**



Spencer Home Foundation News & Views

Summer has slipped away and fall is in the air! It has been a beautiful summer, from a weather perspective, now we can look forward to enjoying the splendor of the fall foliage. As changes take place in nature we also face life changes-children growing up and leaving home, weddings, grandchildren and the grieving over the loss of loved ones.

As we move through the life cycle it is important to be appreciative of the good times we have had with our family and be thankful to God that He has 'seen us through' the more challenging times. We should also be aware of the needs of others and seek ways to lend a hand to those facing life's difficulties.

Fall, too, is a time to evaluate your charitable giving. You may have experienced a capital gain by way of a sale or deemed disposition-it may be taxable (a deemed disposition could include **giving** the cottage to a family member); you may have investments that have appreciated in value and are unaware of the

benefits of donating some of these shares instead of cash, or you may be winding down the estate of a loved one. Possibly you are looking for ways to maximize your income in a **tax efficient way**.

Take time to review your personal financial situation, take advantage of the opportunities Revenue Canada (Charities Directorate) has provided under the 'act'. **Review your will** (you may have unknowingly disinherited a family member or you may have already given away something listed in your will. You may have remarried and never rewritten your will-the **old will**, in most provinces, is invalid after remarriage), **seek professional advice**; don't rely on 'coffee table opinions'.

Please consider Spencer Home Foundation as an eligible charity for your year-end gift. For further information, feel free (without obligation) to contact myself or the Foundation office.

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

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

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

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



Reflections

You rarely have time for everything you want in this life, so you need to make choices and hopefully your choices can come from a deep sense of who you are.

*Wisdom from the World According to Mister Rogers
Important things to Remember—Fred Rogers*



Recipe Corner

Stuffed Salmon with a Rainbow of Peppers

- | | |
|--------------------------|------------------------------|
| 2 x 3 lb salmon fillets | Cracked Italian black pepper |
| 1 red pepper sliced | Garlic butter |
| 1 yellow pepper sliced | Ice cubes |
| 1 green pepper sliced | Aluminum foil |
| 1 large red onion sliced | Saran wrap |
| 1 bunch dill | |
| 2 lemons sliced | |

Down the center of a sheet of aluminum foil (a little larger than a salmon fillet), layer half the sliced red onion, lemons, garlic butter and fresh dill on top of each other.

Top with one of the salmon fillets, toss the sliced peppers with the cracked Italian pepper and layer on top of the fillet.

Repeat the process in reverse—salmon fillet, red onion lemon and dill etc.

Add the ice and wrap completely with foil then saran wrap then again with foil

BBQ turning occasionally until 140 degrees in the center.



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.



Remembrance Day

A Remembrance Day Service will be held on Friday November 9th at 11:00 to recognize our veterans.

Families are invited to attend this special service.