



# THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

December 2012, January 2013



*From the Desk of  
Barbara Tremble Cook  
Executive Director*

Accreditation Canada has awarded Spencer Home (our residents, staff, volunteers, board members, families) the highest Accreditation recognition award: **Accreditation with Exemplary Status!** We have something very special to celebrate this Christmas Season. We have planned a celebration of this achievement for December 11 at 2pm. Please plan to join us!

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

Staff, families, and volunteers give generously in the Christmas Season. This year staff from the Cooperators has volunteered to decorate. How many of us would like someone to come and decorate for us? So you know what that means to us...a lot!! Thank you to all our Volunteers who give. We have many special events planned on the December Calendar, Resident Family Christmas Dinner as well as Christmas gatherings with staff and volunteers. Thank you to the staff for the extra care they put into each event.

We hope that you enjoy the Season together ...” a banquet for the spirit, filled with family, food and friends” Its Christmas Time Again”

Merry Christmas and remember...all we have to celebrate...

*Together We Care!*

*Barbara*

## We All Have Something to Give



The on-line dictionary, Dictionary.com defines a gift as “something given voluntarily without payment in return.” The Bible, in 2 Corinthians 9:7 teaches us that “god loves a cheerful giver.” And in Luke 6:38 we are reminded that “when we give, we receive”.

But it is the words found in 2 Corinthians 9:6 that always get my attention, “...whoever sows sparingly will also reap sparingly and whoever sows generously will reap generously.” But there is one other verse found deep in the pages of the Old Testament that makes the greatest impact of all. In Deuteronomy 15:10 we are told that “when we give willingly and freely, the Lord will then bless us in everything we put our hands to”.

Christmas is coming and with it the “season of giving”. But is the “season of giving” only a Christmas thing? In the context of life at Spencer Home, and in countless organizations everywhere, survival is dependant, to a large extent, on the giving of people in support of our work. But what is it that people are being asked to give to us here at Spencer Home? As someone once said, “money will take care of everything”; but let me suggest that this isn't necessarily always the case. Yes, money can take care of a lot of the necessities of life, but money isn't everything!

Our focus at Spencer Home is on the best quality of life that we can provide for our two hundred residents. Let me suggest that as you contemplate the theme of this column that you think of the gift you might offer to the residents of Spencer not in terms of dollars and cents, but in terms of time and talents. I have never sat with a resident who has asked me for money. But I have sat with many residents who have wanted nothing more than a caring person to talk to. I have never sat with a resident who wanted a new something or other. But I have sat with many residents who have appreciated having someone to read to them, having someone to help them with their Christmas cards. I have never sat with a resident wanting to plan a vacation in the sun. But I have sat with many residents who only wanted to be noticed, and made to feel special.

This Christmas as we contemplate what we are going to give to the many people on our shopping lists, I encourage you to also contemplate the many and varied gifts that we can offer to the residents of Spencer Home. I have come to appreciate the absolute wonderful sense of joy that comes to me as I give gifts to other people that have absolutely no dollar value. And I have come to know that the scripture message that we will be blessed by how and what we give is without a doubt the single most important gift I have ever received! It has impacted my life, and it enables me to impact the lives of others!

As Christmas approaches and another year winds down, and as we anticipate yet another year, what will you be giving to the people in your life? Indeed, what could you be giving to the people in your life? And as I think about it, I believe that I read somewhere in the Bible that “it is more blessed to give than to receive”; but then when we give, we always receive in return don't we?

Have a very happy Christmas time!

*Pastor Scott Ryder  
Director, Pastoral Care*

# My, How Times Have Changed

Santa Claus and children on the streets of New York City, circa 1900.



## Look how Christmas Gifts have changed:

The following items were popular Christmas gifts in the early 1900's. In addition to the items listed be sure to check out how much they used to cost!

### Early 1900's

Electric train set: \$5.00

Toy sewing machine: \$1.00

Large toy car with rubber wheels: \$2.50

Boys' sweater: \$2.00

Men's smoking jacket: \$5.00

Woman's corset: \$1.59

Phonograph: \$150.00

### 1910's

Men's winter coat: \$18.50

Fountain pen: \$2.50

Silk hat: \$7.50

Phonograph: \$99.80 to \$150.00

Persian rug: \$38.75

One-pound box of chocolate: \$6.50

Ladies silk umbrella: \$10.00

Toy tool chest: \$1.55

Girls ice skates: \$5.00

# Celebrate Life



*With  
Edna  
Humphrey*

Edna Bishop Humphrey was born in Elgin, New Brunswick on August 25, 1907. The family moved to Moncton when Edna was a young girl. Edna has one brother and two sisters. She is the last surviving member of her family

Edna was married at twenty five and had four children. Two of her children died in infancy. Her daughter Donelda lives in Ontario.

Edna was a self taught comptometer operator at CN. The comptometer was the first commercially successful key driven mechanical calculator. A key driven calculator is extremely fast because each key adds or subtracts its value to the accumulator as soon as it is pressed and a skilled operator can enter all of the



digits of a number simultaneously, using as many fingers as required, making them sometimes faster to use than an electronic calculator.

Edna enjoys crocheting and knitting. Many afghans were given to friends and family that she made. An avid reader, Edna would spend many hours enjoying her books. Edna also enjoys working on crossword puzzles.

Edna enjoyed travelling and after her retirement and visited Italy and England. In the winters she would go to Florida. She enjoyed having many pictures and memories to share of her trips.

For her leisure time Edna enjoyed skating with her reachers and attending band night at the stadium on St George Street.

Edna's first car was a Volkswagen. She enjoyed taking trips to Saint John, PEI, Nova Scotia and over the border to shop.

Her daughter states that she was an excellent cook. Buttermilk biscuits and butterscotch rolls being a favorite.

Her daily walk with her Lord sustained, encouraged and uplifted her all these many years.



## **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.

# HALLOWEEN 2012







## Occupational Health & Safety Fair 2012

Thank You to all our community partners who set up a booth and participated in our annual fair and to all our staff who dropped by.



Annual Alzheimer's Coffee Break



Moncton Water Treatment Plant operated by Veolia



WOOD WYANT



Janine Black, Dietetic Intern



METS



Adaptive Creations



Lawton's



## NEW EMPLOYEES October, November 2012

Robyn Aitken, RN  
Marissa Galliah, RA  
Catherine Gillett, RA  
Glen Pepperdene, RA  
Brenda Perry, RA  
Caitlen Shea, RA  
Kenda Donovan, RN  
Philomena Anubalu, LPN  
Patsy Maxwell, RN



We have received our Accreditation Canada certificate and banner showing our achievement as:

**ACCREDITED WITH EXEMPLARY STANDING**

Thank you to all our staff, managers,  
community partners  
and our Board of Directors  
for your participation in the survey  
and for all the care you take in your work here.

Please join us for a celebration of this success  
Tuesday, December 11th, at 2pm  
In the Chapel

# LifeTimes

## Tai Chi

The Mayo Clinic defines tai chi (TIE-CHEE) as a way to reduce stress and anxiety. It also helps increase flexibility and balance. It was originally developed for self-defense and has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions.

It is often described as meditation in motion and promotes serenity through gently, flowing movements. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Each posture flows into the next without pause, sensing that your body is in constant motion.

It has many different styles and each may have its own subtle emphasis on various tai chi principles and methods. There are also variations within each style. Some focus on health maintenance, while others focus on the martial arts aspect of tai chi.

## Ai Chi

This is Tai Chi, aquatic style. Slow, controlled movements, using the water as resistance to gently condition and strengthen your body and rejuvenate your soul.

Reference : 1998-2012 Mayo Foundation for Medical Education and Research (MFMER).

## Reflections

Remember, if Christmas isn't found in your heart, you won't find it under a tree."

~ Charlotte Carpenter.



Residents of D. Wing All  
are dressed in red to  
In honor of our Veterans  
& to commemorate  
Remembrance Day.





understanding

team

flagging

support

interaction

reflection and reporting



We must become  
the change  
we want to see.

*Mahatma Gandhi*



The New Brunswick Occupational Health & Safety Act sets out a variety of employee responsibilities designed to help ensure a healthy & safe work environment. Employees must:

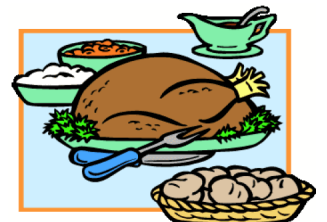
- Comply with the OHS Act & Regulations.
- Conduct themselves in a safe manner and not put themselves or others at risk.
- Report any workplace hazards.
- Wear appropriate personal protective equipment.
- Co-operate with the joint health and safety committee (JHSC) or safety representatives.
- Co-operate with WorkSafeNB and their health and safety officers.

## INFECTION CONTROL

### Avoid an Unwelcome Bug This Christmas

To keep your Christmas food safe, remember the following things:

- **Wash hands thoroughly with soap and hot water and dry them before handling food and after handling raw meat, going to the toilet, blowing your nose or touching animals (including pets).**
- **After touching raw poultry or meat always wash hands with warm water and soap and dry them thoroughly.**
- **Always clean worktops, chopping boards, dishes and utensils thoroughly after they have touched raw poultry or meat.**
- **Never use the same chopping board for raw poultry or meat and ready-to-eat food without washing it thoroughly in warm soapy water. If possible, use a separate chopping board just for raw meat and poultry.**
- **Keep cooked meat and poultry in the fridge. If they are left out at room temperature, food poisoning bacteria can grow and multiply.**
- **Wash dishcloths and tea towels daily and let them dry before you use them again. Dirty, damp cloths are the perfect place for bacteria to breed.**
- **Keep your fridge temperature between 0C and 5C and avoid over filling it. By keeping food cold, it stops food poisoning bugs growing.**



# Giving Tree

We encourage you to visit our "Giving Tree" and support our residents during this Christmas Season. Please think of our residents as you do your Christmas shopping. Below is a sample list of items our residents find useful.

## HOW IT WORKS:

1. Remove an ornament from the Giving Tree with the gift suggestion you are willing to purchase.
2. Purchase the gift (s) listed.
3. Bring the ornament and gift in a gift bag to the Recreation Department

Gifts will be delivered to the Nursing Units on December 24<sup>th</sup>

Here are some Christmas Gift suggestions for residents in the home. Feel free to ask the staff for other gift suggestions your loved one might like to have.

Clothing – Specialized clothing (Open Back nighties/night shirts, dresses, slippers, pants etc) Contact Mary Bourgeois for assistance at 858-7870 ext 115. Gift Certificates are available from many companies. Hint: All clothing must be washable please make sure all items are labeled. Items with velcro closures are not recommended. Adaptive Creations & More can be contacted at 382-8311.

Books for those who love to read.

Magazine Subscriptions e.g. Reminisce, Ideal or Large Print Readers Digest (Subscription information available from Mary Bourgeois in Recreation).

Newspaper Subscription – contact Times and Transcript for your loved one or wing.

Favorite Video/DVD

CD player and CD's

Wireless head phones for TV

A Photo Album with labeled pictures

Candy and treats in small amounts – Check with staff if you are unsure of your family member's diet.

Bags that attach to wheelchair/walker to hold Kleenex etc.

Guest Book – Great way to keep track of the visitors.

Sun catcher for the window

A Basket of scent-free toiletries such as Kleenex, toothpaste, lip moisturizer, lotion, hair brush, shampoo etc.

Nail clippers

Electric Razor

Warm socks

Fleece Bed Jackets, Shawl

Slippers with non-slip soles

Something special from your part of the country – Great way to start conversations

2013 Calendar with large squares and important dates noted

An offer to do mending

A donation to the resident's trust account helps pay for personal items from the Boutique or, cable TV fees, hair care, etc.

Schedule a monthly visit

A monthly card – Everyone loves mail

Flowers; least scent

Donation to Residents wing in the resident's name.

Gift certificate for a plant for our outside gardens

Donation to the Spencer Home Foundation

Donation of seasonal decorations to help decorate the wings or your loved ones room (Christmas, Easter, Halloween etc)

Donation to Giving Tree.

An iPod shuffle with headphones



Gifts for Giving Tree 2011

***"The smallest good deed is better than the grandest good intention." – Duguet***



RESPECTFUL  
WORKPLACE

## THE RESPECTFUL WORKPLACE- It's Ours to Build

### How Can "I" Create a Positive Workplace???

1. **The best teacher is a good example.**

First examine your own behavior. Are you walking the positive talk or are you mumbling beneath you breathe, "only 3 more days 'til I am off". Take great care to listen to your own language. Do you frame things in the positive, or do you often start your sentences with "No." or "Yes, but ..."? Optimistic people adapt easier to change, are more creative, have more fun and are healthier than negative pessimistic ones. They live longer too.

2. **Ban Whining.**

One whiner in the group can bring everyone down. A whiner is like an infection - it spreads. Put one strong whiner in a room and they can turn it into a pity party. Whiners love whining. Put a "No whining" sign allow on your door.

3. **Dump the drama.**

Melodrama: It sells tabloids, and gets people to watch "Hard Copy" on TV, but it's something you don't need at work. It saps valuable creative energy.

4. **Learn, teach and reward "Time-out" stress management techniques.**

A recent poll says that 90% of all people live in a state of chronic stress. YIKES! Make sure people understand the role they play in controlling their own stress. We don't have control over circumstances; we do have control of how we perceive them. Learn good stress management skills and teach them.

5. **Encourage people to live in the "now."**

Dwell on the past only long enough to figure out what you want to learn from it, and then move on. Stop talking about "the good old days." What is important is what is going on right now. Give your fullest attention to exactly what you are doing now. Do it well, do it right and enjoy it.

6. **Start a list called "The 10 Best Things about Working Here."**

Let people add to it and watch it grow. It's fun, positive and a great way to focus people on what's right with our work. After the list is finished start one called "Ten More.." Remember you get more of what you focus on.

7. **Don't worry, be happy.**

Playing upbeat music helps lift your spirits. Challenge the staff to develop the "Happiest" of happy music tapes, a collection of tunes that will keep people smiling and whistling while they work.

8. **Smile.**

When you activate the smiling muscles in your face, you activate the "happy" brain chemicals that help you feel good. You can't be depressed when you are smiling, and smiles are contagious. So, smile!



### **SPENCER HOME VALUES STATEMENT:**

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



Smoking isn't just harmful to you; it could also be doing a number on your cat's health. Early research suggests cats—especially indoor cats—that are regularly exposed to tobacco smoke may be at greater risk of developing certain types of cancer than cats who live in smoke-free homes. When you light up, your cat gets a double dose of the chemicals; first when they breathe them in and then again when they lick them off their fur.



## Working Together



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Thank You to Jenna Stewart, Kathy Leeman and Christa Ward-Gillis from Co-operators Claims Office who volunteered their time to help decorate our home for the Christmas season.



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Med Pass Program which supports use of high calorie high protein supplements in small amounts during med passes was reviewed at a Lunch & Learn with RNs and LPNs attending. Thank you Jensen Thomas.

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



## Everybody Loves Bella!

Lynn Burdock, our dietitian brought her puppy in to visit on a Friday afternoon.

Pictured here (counterclockwise) enjoying her company are:  
Dora Belliveau, Janie Soucoup and Shawnda Chapman.

Bella is a golden Labrador puppy about twelve weeks old.



Spencer Home  
FOUNDATION



*Merry Christmas  
Everyone*

**From the  
Spencer Home Foundation**

**Memorials & donations may be made through the Spencer Home Foundation website utilizing [canada-helps.org](http://canada-helps.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](mailto:rrackham@nbnet.nb.ca)

Res: 856-7029

cell: 506-850-0010

[www.spencerhomefoundation.org](http://www.spencerhomefoundation.org)

# Reflections

It is much more important to understand what sort of a PERSON has a disease than what sort of disease a person has.

Canadian Physician, Sir William Osler

## EMPLOYEE ASSISTANCE PROGRAM

Effective March 1, 2010 our Employee Assistance Program is through Ceridian – Lifeworks. This provides professional counseling and support for all of our employees 24 hours a day, seven days a week. Spencer Home has two employees who champion this:



Debbie Ogilvie & Laura Small.

**To contact Lifeworks call:**

1-877-207-8833 (English)

1-877-307-1080 (French)

OR

Visit the Lifeworks website: [www.lifeworks.com](http://www.lifeworks.com) and enter our user ID and Password

User ID: NBANH

Password:

WELLNESS

LifeWorks



## Recipe Corner

### Gluten Free Peanut Butter Chocolate Chews

1/4 C Packed Brown Sugar  
1/4 C Golden Corn Syrup  
1/4 C Crunchy Peanut Butter  
1 1/2 C Rice Krispies Brown Rice Gluten Free Cereal  
3/4 C Semi-sweet or milk chocolate chips

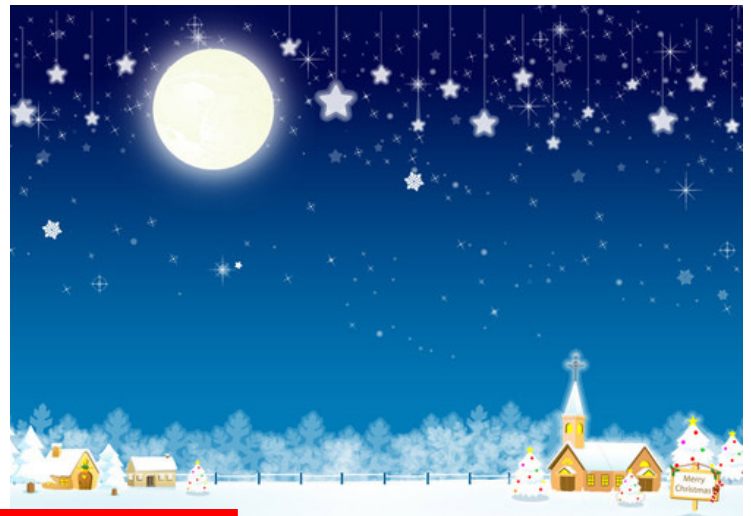
Combine sugar, corn syrup and peanut butter in large saucepan; heat over medium about 1 (one) minute stirring to dissolve sugar.

Remove from heat and immediately stir in cereal. Press into 8" pan lined with tinfoil on bottom and two sides.

Melt chocolate in medium bowl in microwave or over saucepan of boiling water. Stir until smooth. Spread evenly over mixture in pan.

Let cool to set chocolate; lift out of pan and cut in squares. Store in covered container for up to one week.

*Alternately you could press about 2 tsp of the mixture into small candy paper liners in a mini muffin pan and spoon 1 tsp. of the melted chocolate over the top.*



## Did You Know?

We ❤️  
our staff

The Quality WorkLife/Education Committee meets monthly to discuss and plan staff education and appreciation events. We focus on ways to support a positive work environment.

The members are Lynn Burdock, Una Flynn, Laura Small, Angela LeBlanc, Jennifer Steylen, Ronda McCready, Mary Bourgeois, Carl Shaw, Mert Garland, Cheryl Berry. Staff who participate on this Committee do so on a voluntary basis.

If you have any positive ideas or would like to be part of the Committee please contact one of the members.

Presented by :

Spencer Home Quality Worklife & Education Committee

