



THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

February, March 2013



*From the Desk of
Barbara Tremble Cook
Executive Director*



Wilderness Experience

Our Spencer Home Foundation continues to seek funds for the purchase of a new Spencer Home bus for the enjoyment of the residents. The Foundation has a fundraising banquet scheduled for May 21st. To date we have raised \$45,731.00, please remember this important project.

The Department of Social Development is introducing operational changes in the Nursing Home Sector. The goal of these changes is to provide adequate funding for the Nursing Homes and to reinvest savings gained from efficiencies. Provincially we will be receiving support and direction in areas of purchasing and delivery of services. Not every home will be affected depending on the practices in place. Surveys and reviews are ongoing to assess current delivery methods and service costs. Disability Management and Attendance Monitoring are identified as areas of priority in all Nursing Homes. Nursing Homes are receiving support in these areas.

Nursing Homes are also being supported in initiatives to support wellness in the workplace and quality of care for residents. A Wellness Coordinator, Melanie Martin has developed a Wellness Program to support these Wellness initiatives in the workplace. Our Quality Worklife & Education Committee has attended a session with Melanie. Also a Peace Grant has been made available to increase Quality of Care, increase education and provide the tools to Nursing Homes to reduce elder abuse. Danie Gagnon Project Manager is releasing this program this month. Staff is invited to be involved in these initiatives.

We are pleased to welcome Christina McRae as Executive Assistant. Christina has started in her new role. Mert Garland is retiring and we are going to miss her. She has been a wonderful team player supporting the work of Spencer Home. Best Wishes to Mert as she enjoys the flexibility and choices that will be hers to enjoy!

Again we are reminded as schools are cancelled that we have chosen to work in essential services. Our commitments do not allow snow days. Residents need care and staff needs each other to work safely. Everyone appreciates the challenges of winter weather. Please make every reasonable effort to get to work. We appreciate your arrival here every day!

If we learn how to give of ourselves, to forgive others, and live with thanksgiving, we need not seek happiness. It will seek us.

*Together We Care!
Barbara*

Have you ever had a “wilderness” experience? Of course you have; we all have. A “wilderness” experience can be defined as those experiences of difficulty in life whether financial, physical, relational, or some other trying time. There’re not pleasant, and we would all rather that they were far and few between, if at all. But certainly we have all had those times in life when we have felt abandoned by God, or at least we have questioned why this and why me? But in actual fact, it is in the times of trial and difficulty that we are actually pulled closer to God.

For our residents, “wilderness” experiences are an ordinary part of life for a variety of reasons. Perhaps paramount is the simple reality that their independence has disappeared, and even the everyday situations suddenly become frustrating experiences. But this doesn’t have to be so; there is always a solution, but it requires something from the individual in turmoil.

In the Old Testament book of Deuteronomy Moses writes of the Israelites experience in the wilderness, and He reminds them that even in the midst of the wilderness He was with them. He knew what they were up to, and that He had provided them with everything they needed. But the secret of the Deuteronomy story hinges not on what God did for the Israelites, but on the two conditions that God imposed on the Israelites if they were to receive the blessings that God wanted to bestow on them.

These conditions imposed by God on the Israelites are all that is keeping people today from coming under the fullness of God’s blessing. The first condition is that we have to believe in God. The second condition is that we have to live life in such a way that is pleasing to God.

So how are we doing when it comes to being blessed by God? For when the tap of God’s blessing is opened, our “wilderness” experiences suddenly morph into something far less daunting, becoming more manageable. In fact, as we allow our faith to saturate our lives in a noticeable way, sometimes – many times – it is you and I who become the person God uses in another’s wilderness experience!

Wilderness experiences – difficult situations that sometimes have crippling impact on our lives – are opportunities for God, in His loving way, to draw us closer to Him.

So how are we doing, those of us who are experiencing the blessings of God? Are we allowing ourselves to be used by God to bring a blessing into the life of someone who is experiencing a season of wandering? Are we allowing God to use us to bless the lives of those people we care for here at Spence Home?

Something to ponder as we strive to live fulfilled lives!

*Pastor Scott Ryder
Director, Pastoral Care*

My, How Times Have Changed

These and many other photos are found on website vintagemoncton.com.



About Vintage Moncton

A website created by Ryan Gagné (ryangagne.com). Along with guitars and design Ryan has always had an interest in Vintage Railroads and the history surrounding Moncton and the Greater Moncton Area.

This website is for everyone fascinated by how much Greater Moncton has expanded and changed in the last 100 or so years. The photos on this website are a combination of prints and postcards that were purchased online, shared by friends, and various photos found online.

We'll try to keep it simple, fun, and interesting.

(copy from the website)



The Experience of Dementia as a Journey

April 2009, U-first! Partners in Care

We imagine that the experience of having Alzheimer's disease might be similar to a journey by train with an unknown destination:

I am going on a long journey by train. As I begin, the city skyscrapers and country landscape look familiar. As I continue my journey, the view reminds me of times gone by and I feel relaxed and comfortable. The other passengers on the train appear to be feeling the same way and I engage in pleasant conversation with them.

As the journey progresses, things begin to look different. The buildings have odd shapes and the trees don't look quite the way I remember them. I know that they are buildings and trees, but something about them is not quite right. Maybe I'm in a different country with different architecture and plant life. It feels a bit strange, even unnerving.

I decide to ask the other passengers about the strangeness I feel, but notice that they seem unperturbed. They are barely taking notice of the passing scenery. Maybe they have been here before. I ask some questions but nothing seems different to them. I wonder if my mind is playing tricks on me. I decide to act as if everything looks all right, but because it does not, I have to be on my guard. This places some tension on me, but I believe I can tolerate it for the remainder of the trip. I do, however find myself becoming so preoccupied with appearing all right that my attention is diverted from the passing scenery.

After some time, I look out the window again and this time I know something is wrong. Everything looks strange and unfamiliar! There is no similarity to anything I can recall from the past. I must do something. I talk to other passengers about the strangeness I feel. They look dumbfounded and when they answer, they talk in a new language. Why won't they talk in English, I wonder? They look at me knowingly and with sympathy. I've got to get to the bottom of this so I keep after them to tell me where the train is and where it is going. The only answers I get are in this strange language, and even when I talk, my words sound strange to me. Now I am truly frightened.

At this point, I figure that I have to get off this train and find my way home. I had not bargained for this when I started. I get up to leave and bid a pleasant

goodbye. I don't get very far, though as other passengers stop me and take me back to my seat. It seems they want me to stay on the train whether I want to or not. I try to explain but they just talk in that strange language.

Outside the window, the scenery is getting even more frightening. Strange, inhuman-looking beings peer into the window at me. I decide to make a run for it. The other passengers are not paying much attention to me so I slip out of my seat and quietly walk toward the back of the car. There's a door! It is difficult to push but I must. It begins to open and I push harder. Maybe now I will get away. Even though it looks pretty strange out there, I know I will never find my way home if I do not get off that train. I am just ready to jump when hands suddenly appear from nowhere and grab me from behind. I try to get away. I try to fight them off, but I can feel them pulling me back onto the train. I hear the door shut. They take me back to my seat. I realize now that I will never get off this train; I will never get home.

How sad I feel. I did not say goodbye to my friends or children. As far as I know they do not know where I am. The passengers look sympathetic, but they do not know how sad I feel. Maybe if they knew they would let me off the train. I stop smiling, stop eating, stop trying to talk, and avoid looking out the window. The passengers look worried. They force me to eat. It is difficult because I am too sad to be hungry.

I have no choice now. I have to go along with the passengers because they seem to know where the journey will end. Maybe they will get me there safely. I fervently wish that I had never started out on this journey but I know I cannot go back.

The other passengers on the train are meant to be nurses. As nurses, the aim is to assist older persons with dementia to make this journey with as much dignity and comfort as possible.

Excerpt from "Enhancing the Abilities of Persons with Alzheimer's and Related Dementias" - A Nursing Perspective. Authors: Pam Dawson, RN, MScN; Donna L. Wells, RN, MHSc; Karen Kline, RN, MScN, Springer Publishing Company, Inc., New York 1993. Used with permission from Pam Dawson for the PIECES learning initiative.

**MESSAGE FROM
JANINE BLACK, DIETETIC INTERN**

As I reflect over my time at Spencer's, I soon realize I have a lot of people to thank! Everyone was so welcoming and helpful, which really helped make an exceptional experience. I am sincerely thankful for everyone's support, whether it was answering my questions, completing my requisitions (haha), pointing me in the right direction, or just stopping to chat; it really helped make a great learning experience for me. I will carry on all the valuable skills I have learned as I venture off into my career path.

Thank-you to everyone at Spencer's, you're a great team!



*All the best to everyone in the future,
Janine Black*



Spencer Home received an Accreditation Award with Exemplary Status by Accreditation Canada. This is the highest level of award recognition granted by Accreditation Canada and demonstrates an organizations commitment to quality. Don Lancaster, Chairperson of Spencer Home received the award from Barbara Tremble Cook, Executive Director.

Healthy Heart

5 Strategies to help prevent heart disease

You can prevent heart disease by following a heart-healthy lifestyle. Here are five strategies to help you protect your heart.

Don't smoke or use tobacco

Smoking or using tobacco is one of the most significant risk factors for developing heart disease. When it comes to heart prevention, no amount of smoking is safe. The good news, though, is that when you quit smoking, your risk of heart disease drops dramatically within just one year. And no matter how long or how much you smoked, you'll start reaping rewards as soon as you quit.

Exercise for 30 minutes on most days of the week

Getting some regular, daily exercise can reduce your risk of fatal heart disease. Try getting at least 30 to 60 minutes of moderately intense physical activity most days of the week. However, even shorter amounts of exercise offer heart benefits.

Eat a heart-healthy diet

Heart-healthy eating isn't all about cutting back. Most people need to add more fruits and vegetables to their diet—with a goal of 5 to 10 servings a day. Eating that many fruits and vegetables can not only help prevent heart disease, but also may help prevent cancer.

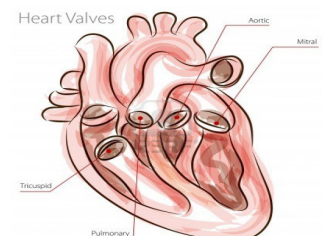
Maintain a healthy weight

As you put on weight in adulthood, your weight gain is mostly fat rather than muscle. This excess weight can lead to conditions that increase your chances of heart disease. Even a small weight loss can be beneficial. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

Get regular health screenings

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions. Regular screening can tell you that what your numbers are and whether you need to take action.

Be kind to your Heart



NEW EMPLOYEES

Christina McRae, Executive Assistant
Chelsey Kennedy, RA
Shayla Furlong LPN
Janel Russell, LPN



Once upon a time there was a little boy who had a kite that wouldn't fly. The little boy didn't know that the kite needed some wind and a lot of string so, one day, in anger he jumped on it and left it broken on the ground. The kite died without ever knowing the joy of flight.

Each of us is like the kite. We are meant to fly but we need help. We need wind and sometimes a little more string.

If we are jumped on or kicked just because the conditions aren't right for flight, we may never fly. And, unlike the kite, we have memories. We remember the kicks, the abuse, the failures and the messages which say "you won't ever fly".

Many of us become like the boy's kite, condemned to a life on the ground when a bit of string, a breeze and some understanding would have made a difference.

In each of our lives there is opportunity to fly. All we have to do is to believe in ourselves and to try; and in each of our lives there is someone else we can help to fly.

LifeTimes

MY DAY

The long day is over.

The hours that seemed to go slowly, where have they gone?

Looking back over the day, it seems the time has flown.

When I entered the building this morning, the residents all greeted me with a smile.

They were glad I had come to spend the day with them and to cheer them up for a while.

As I moved through the building, doing my job, each resident wanted me to stop and talk for a spell.

Just to call them by their name, give them a hug or a pat, and ask them if they are doing well.

The list of my duties was long; many tasks needed to be accomplished that day.

Seemed I would never get them all done, someone always seemed to be "in the way."

As I finished my day and the paperwork was done,

I looked at the list of tasks I was supposed to do

I had marked off most of them as finished, but there were still a few left.

What could I do?

Oh, well, tomorrow is another day, another chance to get everything done!

As I walked down the hall to go, the residents spoke or waved or touched my hand.

"Thank you for spending time with me." they say. "You really brightened my day."

As I leave the building, I'm glad to say, I made a difference in someone's life today.

(And that makes it all worthwhile.)

"See you tomorrow!"

Creative Forecasting, Inc. Jan 2006

The Legend of St. Valentine



This history of this custom is a bit mysterious but it is known that February has long been the month of romance. St. Valentine's Day is based both on Christian and ancient Roman tradition.

One legend contends that Valentine was a priest who served during the third century in Rome. Emperor Claudius II decided that single men made better soldiers than those with wives and families. Because of this belief, he outlawed marriage for young men. Valentine, believed this to be unjust and defied the emperor by secretly performing marriages for young lovers. He was ordered put to death when this was discovered.

Another legend suggests that he was killed for attempting to help Christians escape harsh Roman prisons. He was imprisoned and actually sent the first valentine greeting to a young girl he fell in love with. (the girl is thought to have been the jailor's daughter). Before he was put to death, he sent her a letter signed "from your valentine." Although the truth behind the modern day Valentine not clear, all stories indicate the appeal of St. Valentine was his heroism and romantic tendencies.



St. Patrick's Day

Slemish Mountain, the legendary first known Irish home of Saint Patrick, is located in Co. Antrim. The mountain rises about 1500 feet (437 metres) above the surrounding plain, and it is actually the central core of an extinct volcano.

According to legend, following his capture and being brought as a slave to Ireland, Patrick worked as a shepherd at Slemish Mountain for about six years, from ages 16 through 22, for a man named Milchu (or Miluic). It was during this time that Patrick turned to frequent prayer as his only consolation in his loneliness. In a vision he was encouraged to escape and return home.

He did, became a priest and returned to Ireland, allegedly to convert his old master. The legend goes that his own real conversion took place while on Slemish out in all weathers, communing with nature and praying continuously. As Patrick was not the first Christian Bishop to visit Ireland, his ministry was confined to the North. Here he established churches and an episcopal system. One such church is thought to have been founded at the nearby site of Skerry Churchyard.



The Christmas Pageant



INFECTION CONTROL

Key Facts about Influenza (Flu) & Flu Vaccine

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a **flu vaccine** each year.

Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

How Flu Spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 (one) day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How serious is the flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- What flu viruses are spreading
- How much flu vaccine is available
- When vaccine is available
- How many people get vaccinated, and
- How well the flu vaccine is matched to flu viruses that are causing illness.

CDC Centers for Disease Control and Prevention



RECORD OF TREATMENT FORM

As per the Occupational Health & Safety Act, it is mandatory that First Aid providers complete the Record of Treatment Form as soon as possible after an injured or ill employee has received emergency care. This record is retained for a period of 5 years after the date it has been completed.

In compliance with this regulation, Spencer Home's Record of Treatment Forms are placed at each nursing station and completed when required.

Giving Tree

The staff and residents of Spencer Home would like to express a special THANK YOU to all who supported the Giving Tree this year.

The involvement of our community including sponsors and staff is vital in making this project a success. From identifying what residents need, to purchasing gifts, it's the overall effort of everyone that makes it a success.

A special thank you as well to our Ladies Auxiliary who donated Adaptive Clothing to the residents through the Giving Tree.

During the year if you have any ideas on items that could be added to the tree please let us know.

Again, thank you everyone who was so generous again this year.

*Management and Staff
Spencer Home*

Spencer Home Quality Worklife & Education Committee



Lynn Burdock
Mary Bourgeois
Angela Leblanc
Jennifer Steylen
Cheryl Berry
Una Flynn
Ronda McCready
Laura Steves
Carl Shaw
Jennifer Fitzpatrick
Kim Frazee
Christina McRae

We 
Our Staff

Let us introduce you to.....

Barbara Chambers, Ladies Auxiliary Member since 1992



When Barb Chambers retired from teaching in 1992 she did not stop. She joined the Ladies Auxiliary at the suggestion of a friend and has volunteered every since.

Volunteering at Spencer Home was not a new idea to Barb as he mother was a volunteer at Spencer's and she also served on the homes Board of Directors.

As a child Barb had spent many hours with older individuals as her grandparents had lived with her family. That is where she feels her love for older people began.

Barb was also a sponsor for one of the clients in the home who had no family. She has been on the executive of the Auxiliary serving eight years as president on two different occasions. Always a mentor to others, Barb had encouraged others to volunteer at the home. Her positive attitude has encouraged others to join the Auxiliary.

Some of the volunteer roles Barb and her fellow Auxiliary members provide are: Afternoon tea and coffee, labeling clothing, visiting clients, fund-raising for the clients, sending birthday cards, assisting with transportation to special events and participating in the memorial services.

When asked why she volunteers Barb states "I get more out of this than I give" saying that even when a day starts out bad it always turns better after volunteering. Seeing the smiles on the client's faces and how they look forward to you coming is reward itself.

The Ladies Auxiliary is always looking for new members. If you have extra time and would be interested in volunteering contact Deby Coates 854-1880 or Mary Bourgeois at 858-7870 ext 115. All volunteers must complete and application and have a current police check completed before volunteering.

WALKING—STILL OUR BEST MEDICINE

Why should I walk?

The phrase "Walking is man's best medicine," allegedly spoken by Hippocrates two millennia ago, is even more timely today. This fact is particularly true in industrialized societies where new technologies have not only changed the way we work but, even more profoundly, have also affected our life styles by reducing the physical effort of most of our daily activities (with the exception of sports).

Overweight and obesity are becoming more and more serious problems within societies where people would rather drive than walk. This single decline in physical exertion that day-to-day life requires, combined with excessive food consumption is a dangerous combination. With very few exceptions, all of us are victims of this deadly duo.

Still, we cannot turn back the clock or discard new technologies simply to regain the slim, supple, and fit bodies of our ancestors. However, we can use walking, not just for the utilitarian purpose of transport, but rather for pleasure and improved health by incorporating it into our daily routine. One cannot overrate the many benefits of walking since there is strong scientific evidence to support them.*

What are the health benefits of walking?

Regular walking has a direct impact on the cardiovascular and musculoskeletal systems, by:

- reducing the risk of coronary disease and stroke,
- lowering blood pressure,
- reducing cholesterol levels in blood,
- increasing bone density, hence preventing osteoporosis,
- managing the negative effects of osteoarthritis, and
- easing back pain.

Regular walking also improves general health and longevity. According to the US Report of the Surgeon General, not only do walkers live longer but also the quality of their lives improves dramatically.

Are there other benefits from walking?

⇒ Increased fitness

If you walk regularly means you walk daily, or at least a few times a week for about 30 minutes or longer. When you walk regularly, much like other kinds of moderate and low impact physical activities that involve the whole body, you can greatly improve your cardiorespiratory fitness and function. Also, once you become a regular walker:

- you are less likely to fall and suffer leg or hand fractures because your bones are stronger,
- you are less likely to sustain any injury because your joints have a better range of motion and the muscles are more flexible.

⇒ Improved capability to control body weight

Your body weight reflects the balance between the calories you take in as food and the calories you expend through your normal daily physical activities in life. Walking for 30 minutes covers a distance of 2.0 to 2.5 km and burns about 125 calories (520 kiloJoules). This amount may not seem like much, but if you walked five days a week within one year you would burn over 32,000 calories which would burn off more than 5 kg of fat. Moreover, the latest scientific evidence shows that you would derive even greater benefits from walking if you burned a minimum of 2000 calories per week by walking (about 8 hours a week, spread throughout the week).

⇒ Improved mental health

Walking, particularly when walking with good company and in pleasant surroundings, reduces depression and anxiety. Walkers also tend to be good sleepers.

⇒ Recovery from illness

Gentle walking is often prescribed for people suffering from a variety of medical conditions.

At the beginning you may be able to walk only a short distance at a slow pace, but if you persist you will soon be able to increase your distance and speed up your recovery.

- Physical Activity and Health: A Report of the Surgeon General US Department of Health and Human Services, 1996
- [National Service Framework for Coronary Heart Disease](#). UK Department of Health, 2000
- Canadian Centre for Occupational Health and Safety

We ♥
Our Staff

Spencer Home Quality Worklife
& Education Committee



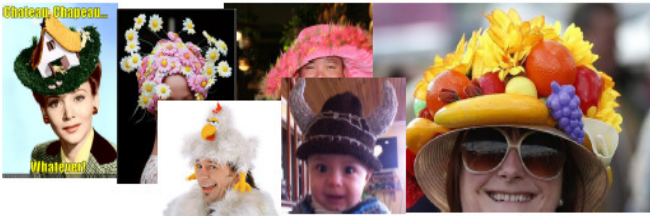
Join us as we celebrate **FEBRUARY'S FABULOUS FRIDAYS**

February
1st-Ugly Sweater/
Mismatch Day

Wear an ugly sweater (even if you make your own!) or come to work mismatched



8th-Funny Hat Day



15th-Bling Day - All glamour and shine!!



22nd - "In the Pink Day"



PINK.....
Cotton Candy
for everyone !



Working Together



&



Melanie Martin from NBANH and several guests from other homes in the region visited our facility to offer information on the new "wellness program" being rolled out through the association.



&



Jensen Thomas, R.D. from Nestle nutrition visited January 23 to offer information on one of their products. Thicken Up Clear.

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

HOW TO USE AN ALCOHOL HAND SANITIZER



Official Launch Health and Wellness Program

We are excited to inform you that the NBANH's Health and Wellness Program, a structured approach based on health prevention and promotion is officially launched. Thanks to this initiative, we will offer intervention programs and activities that will help you adopt a healthier lifestyle and maintain a healthy and safe work environment.

One of our main strategies is to make sure that NBANH nursing homes become places where health and wellness play a leading role. Your Quality Worklife / Education Committee will use NBANH's Health & Wellness Program as a resource in planning Health & Wellness initiatives within our workplace.

Watch the bulletin boards for upcoming events.

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 south-eastern 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.

March 20th, 2013

Welcome to Spring!

REMINDER!

Employee Assistance Program

Employees of all nursing homes in NB have access to the employee assistance program 24 hours a day, seven days a week. Spencer Home has two employees who champion this program:

Laura Small & Jennifer Fitzpatrick

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

Donations make a Difference



Spencer Home Foundation
Fundraising Banquet
May 21, 2013



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



10 Minute Salsa Dip

- 1 Cup Cottage cheese, 1%
- 2 Tbsp Skim milk
- 1 Tbsp Lemon juice
- 3/4 Cup Salsa
- 2 Cups Tomatoes, chopped
- 2 Cups lettuce, finely chopped or shredded
- 3/4 Cup Cheddar cheese, lower fat, shredded

DIRECTIONS:

- Puree cottage cheese, skim milk and lemon juice in a blender until smooth.
- Spread on a dinner plate or serving platter
- Layer salsa, tomatoes and lettuce over cottage cheese mixture
- Top with shredded cheese.

*From Sobey's Dietitians
Northwest Centre
January 2013*

Sobey's Dietitians have a world of healthy ideas for you—to register or for more information, please call Nicole Arsenault at 854-0993.

Reflections

Taking charge of your career is your responsibility. No one's going to push you to enroll in a class or to network with colleagues in order to maximize your development. It's your job to do these things.

- Are you developing broad and diverse networks at work?
- Are you volunteering for special assignments, projects, and task forces, things that will help you grow at work?
- Do you have goals you're working toward? Are they written down? Do you review them regularly with your manager? Are your goals constantly changing as your work changes?

We only grow when we push ourselves. You've got to push yourself out of your comfort zone."

*Bruce Tulgan, Rainmaker Thinking, Inc.
From work life play
2008 Ceridian Corporation ©*