

THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

April , May 2013



*From the Desk of
Barbara Tremble Cook
Executive Director*



Spencer Home Foundation is pleased to sponsor fundraising for the purchase of a new bus to be used by the residents of Spencer Home. Funding for Nursing Homes does not provide for the purchase of vehicles. The success of this project depends on the generosity of the community. Roland Rackum, Chairperson for the Spencer Home Foundation invites the community to help make our project a success. Families, individuals, and corporations are encouraged to contribute during the year for birthdays, anniversaries, Christmas gifts, a thank you or a memorial.

A fundraising banquet will be held on May 21st with Barry Williams entertaining the guests. The mini bus will cost approximately \$90,000 and the goal this year is to complete this project. The Foundation has in excess of \$50,000 available for the purchase of the bus to date. The Foundation looks forward to providing the funds for the purchase of the bus so the residents will enjoy the benefits of community outings.

April is the month for recognizing our volunteers. We encourage our families, residents and staff to thank our volunteers. Quality of Life of our residents depends on the time and talents of community volunteers. We are very blessed with volunteers involved as Board Members, Pastoral Care, Ladies Auxiliary, Recreation programming, Gardeners, and individuals who offer some special time for residents. Thank you!

We are actively implementing a new staff scheduling program recommended and supported by the New Brunswick Association of Nursing Homes. We are expecting some advantages and efficiencies for our employees, schedulers and payroll staff. It is not a small endeavor so we will need time and patience until we are all comfortable with the new program. Staff training will be provided in the coming weeks.

Being There for Seniors is a community service session. Spencer Home hosts a public information session to support families who need information on what services are available and how to access them. April 18th 2-4 at the Moncton Hospital Theatre A both Mary Bourgeois and Angela Leblanc, presenting our Community Programs, Day Program and Relief Care, will be joining Social Workers and Discharge Planners from the hospital and Department of Social Development. This is a great opportunity to understand the services available for seniors

*If not now, When?
It keeps coming down to this: There is no tomorrow,
Only a string of today's.*

Mark Nepo

Together We Care!

Barbara

"Pleasant Surprises"

A few days ago, on a Friday, I was notified that a resident had been placed on end-of-life protocols. And when I visited, I found some of the family with her, preparing for the death of a mother. The mood was somber, the children reminiscent, and the resident was sleeping – comfortably sleeping as a daughter stroked her hair. After I prayed, I left them with the encouragement to contact me if they needed me. The next afternoon I dropped in to see how the resident and family were doing. The family were gone and the resident was alert listening to some calming music and I was pleasantly surprised as I entered the room and talked and prayed with a very contented lady who was glad to see me.

In my life as the pastor in a two hundred bed nursing home, pleasant surprises is what I have come to appreciate most about my work. The task of ministering in a multi faith environment is not without its challenges; but my experience remains a positive one as people generally embrace the things of God and the experiences of life with a contented attitude. And, if anything, when life suddenly becomes complicated, all that is asked for is a listening ear and a few reassuring words.

Pleasant surprises seem to await me around every corner at Spencer Home, and rarely is a routine visit with a resident routine. There is always something to talk about, and often it is the resident who impacts me rather than the other way around!

For people everywhere the thing about pleasant surprises is that while we often carry predetermined views and ideas about everything and most people, life just don't play out that way. Life would be much more fulfilling and far less anxious if we lived anticipating the next pleasant surprise rather than waiting for the negativity that comes with predetermining the outcome of our encounters. If we give people and events a chance, then we are going to be pleasantly surprised most of the time. And when we become excited about the pleasant surprises of life, we become friendlier people and more productive citizens

So my challenge is this, to not determine ahead of time how an encounter is going to unfold because of the name attached to a person or event. Just let life happen and see what happens, and be pleasantly surprised as you live in the moment. I suppose that's what's behind the biblical teaching of Luke 6:31, "...do unto others as you would have them do unto you ..." I mean, come on, do you really want to be that person that people predetermine what an encounter with you is going to be like?

Everyday I am pleasantly surprised by our residents, and it's a very rewarding experience!

Pastor Scott Ryder
Director, Pastoral Care

My, How Times Have Changed



The original six-storey part of this building was built in 1919, and opened in 1920 as Eaton's mail order warehouse.

Eaton's closed their national mail order operations in 1976. It was re-opened in 1981 as Heritage Court Holdings Ltd.

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

Bullying in the Workplace



Workplace Bullying Defined

Workplace Bullying is repeated, health-harming mistreatment of one or more persons (the targets) by one or more perpetrators that takes one or more of the following forms:

- Verbal Abuse
- Conduct which is threatening, humiliating or intimidating
- Work interference, sabotage, which prevents work from getting done
- Exploitation of a known psychological or physical vulnerability

What do you do if you feel you are being bullied or if someone else is being bullied?

Kenneth E. Spencer Home has a Respectful Workplace Policy (AA570) that explains the procedure for making a complaint and clarifies the responsibilities of everyone working at Spencer Home.

If you feel you are being bullied or subjected to any form of harassment:

- Firmly tell the person that his or her behavior is not acceptable and ask them to stop, you can ask a supervisor to be with you when you approach them.
- The majority of bullying goes on behind closed doors, so tell a friend or work colleague. You may well find out you are not the only one who has suffered.
- Remember, it is not just the character of the incidents, but the number, frequency, and especially the pattern that can reveal the bullying or harassment.
- Tell your Supervisor, Nurse Manager or Director of Care Services.



Lose the loafers. Give the heels a break. Sneak It In Week is coming! April 8 – 12, 2013

What is Sneak It In Week?

We are on a mission to get Canadians up and moving. Unfortunately, most of our days are spent sitting at our desks or sitting in our cars, resulting in abysmally low physical activity levels. To get people more physically active during their workday, Participaction is promoting Sneak It In Week during the week of April 8th.

Wear sneakers to work from April 8-12 and you'll see how easy it can be to fit in more activity. Walk to lunch. Park a few blocks away. Hit the pavement on your coffee break. As long as your heart beats faster for 10 minutes, it really counts! So get active and sneak it in. You'll be rewarded with a longer, happier, more fulfilling life.

Why 10 Minutes?

According to the Canadian Physical Activity Guidelines, adults need 150 minutes of heart-pumping physical activity per week, but this does not have to be done all at once. Research shows that even tiny bouts of physical activity, as little as 10 minutes at a time, are associated with increased fitness. A short activity break can actually count towards the recommended level of physical activity per week adults require for health benefits.

Watch for more information on "Sneak it in Week" here at Spencer's!

NEW EMPLOYEES

Melissa Baley, Housekeeping
Lorna Cook, Housekeeping
Katie Vansnick, Housekeeping
Kirk Caissie, Dietary
Jamie Mischiek, Dietary
Nevin Scott, Dietary
Chris Petipas, Dietary



CLOTHESLINE
1-800-505-5525

Spring is here and summer is on the way which means it is time to clean out your closets to make room for your summer wardrobe.



The Canadian Diabetes Association will provide free pick up service of any items that you no longer require. 100% of net proceeds raised by Clothesline directly support the Canadian Diabetes Association and world leading research and education.

To make arrangements please call
1-800-505-5525

St. Patrick's Day Fun



Members of staff celebrated March 17th, St. Patrick's Day by dressing in the traditional green.

LifeTimes

At Home Vacations

Staycations

Vacations are something most people look forward to. They are usually wonderful, well-deserved, and almost always needed. However, a vacation which is ideally designed to be relaxing, rejuvenating, and energizing can at times bring on more stress than it eliminates.

Here is a scenario. You finally get a week off. You have a great trip planned, yet you still have to do all that's necessary to leave. You rush to pack and to get all the loose ends and assorted details attended to. It feels like you haven't had a chance to sit for weeks, yet here you are, running to catch another plane, or rushing out the door to avoid traffic. You're exhausted before you start vacation. In a way it feels like you are speeding up so that you can slow down.

Part of you can't wait to leave because you know you're going to have a great time and get away from your normal routine—but the other part would love the chance to piddle around the house, curl up with a great book, start that yoga or exercise program, or maybe take a couple of simple, but relaxing day trips closer to home. But all that will have to wait because you're going on vacation.

Unfortunately, that other part of you—the part that would love to turn off the phone, play with the kids, clean the closet, avoid crowds, read a book, jog or walk through a local park, plant a garden—rarely, if ever, gets a chance to be nurtured. Your normal life keeps you way too busy, or you're on vacation away from home.

I'm not advocating replacing all traditional vacations. I love to go away, and I suspect you do too. I can tell you, however, that this is a great way to relax, as well as a chance to do things you almost never get to do at or close to home, while spending very little money.



Richard Carlson,
PH.D.
"Don't Sweat The
Small Stuff"



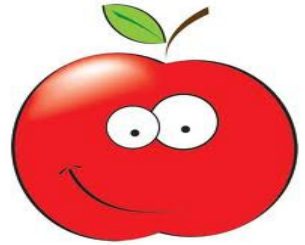
Around Our Home Cotton Candy Friday



Around Our Home Nutrition Week March 4-8



Nutrition Week was celebrated at Spencer Home March 4-8th with lots of free information and samples of nutritious foods such as peanut butter muffins, apples and more.



Healthy Heart Clinic

Our Healthy Heart Clinic took place February 21st and proved to be a great success. A huge Thank You to all that participated and volunteered their time and resources!

Healthy Heart



Ergonomic Safety



Ergonomics means “filling the workplace to the worker”. The goal of ergonomic safety is to reduce the amount of stress we place on our bodies while we work. Poor ergonomics can lead to serious

injuries including strains and sprains to the neck, shoulders, arms, hands and back.. Unlike other injuries , “bodily motion injuries” develop over long periods of time. If you begin to feel pain while performing activities, stop and change it up, or use another method to complete the task. Never try to tough it out or work through the pain. Symptoms of bodily motion injuries can include: numbness, swelling, pain extending up your arm, tightness or stiffness of your joints, aches and pains, tingling or weakness in your muscles or joints.

If you begin to experience these symptoms on a regular basis, let your supervisor know immediately.

Mother's Day May 12, 2013

*I said a Mother's Day prayer for you
to thank the Lord above
for blessing me with a lifetime
of your tenderhearted love.
I thanked God for the caring
you've shown me through the years,
for the closeness we've enjoyed
in time of laughter and of tears.
And so, I thank you from the heart
for all you've done for me
and I bless the Lord for giving me
the best mother there could be!*

Author unknown



Nation Volunteer Week April 21-27

Our Banquet will be held on April 25, 6pm

No one is more cherished in this world than someone who lightens the burden of another.

Thank you to all our volunteers who contribute their time for us. We sincerely appreciate all that you do and your efforts to add to the quality of life for our residents.

Making a Difference

Thank You

Best wishes to
you this

Easter!

May your life be
blessed with joy and
prosperity.

Happy Easter from
Kenneth E.

Spencer

Memorial Home



Reflections Reflections

Giving Back

Helping other people and giving back to your community can be one of the most satisfying experiences of your life. You might get involved with an environmental cause, a youth organization, or a political campaign; help an adult learn to read; raise funds for an arts program; or volunteer at a hospital, a shelter, a nursing home, or an animal rescue league—there's no limit to the opportunities open to you as a volunteer. To get the most pleasure and satisfaction from volunteer work, take some time to choose the type of work and the organization that matches your skills, goals, and values.



Booker T. Washington from
Work Life Play



Celebrating Life with Brenda Burgess

Brenda Burgess was born on April 17th 1964 at the Moncton Hospital. Her family of five includes her mom and dad, a sister Beth and a brother Scott. Everyone but her sister Beth lives locally. Brenda loves to spend time with her family.

Brenda grew up in East Riverview on Hiltz Avenue. She started school at the Lower Coverdale School then went to Bridgedale for grades seven and eight. She liked Bridgedale School as it was right behind her house. Brenda attended Riverview Middle then graduated from Riverview High school.

After she finished high school, Brenda went to Fredericton to study Arts at UNB. She completed one year. Brenda loved French so she decided to go to Rivière du Loup, Quebec to study French. She lived with a French family. She really enjoyed this experience and found that living in a French community helped with learning the language.

When Brenda came home she attended Universite de Moncton and studied French for a year. Brenda was then accepted into the Dental Hygiene program. Once in the program Brenda decided it was not the course for her. Brenda returned to Moncton and finished her BA at Atlantic Baptist College.

Brenda has worked at many places. She was a cashier at Sobeys, worked as a Teachers Assistant at Frank L Bowser School, Naturalize shoes at Champlain Mall, Red Cap Dry Cleaners and a Recreation Custodian for District Two.

For fun Brenda enjoys window shopping and going for coffee. Her mother and her like to read so they have read the Anne of Green Gables series and Nancy Drew. She enjoys watching TV and her favorite show is the Big Bang Theory.

In the summer Brenda enjoys going to her family's cottage at Cassie Cape. Her parents and her like to walk to Tony's for a coffee or ice cream. Sometimes at the cottage they play rummy or cards to pass the time.

Brenda took her first plane ride when she was in grade eight to BC. A friend was looking for a travel buddy so her and Brenda flew out to BC for a month and stayed with her friends relatives. Since then Brenda has traveled to Ottawa, Toronto, PEI and around NB.

Brenda's family has had many pets. They had dogs, cats and rabbits. Of all her pets Brenda remembers her cat Samantha being her favorite.

When asked "when are you the happiest?" Brenda answers when she is having a coffee and talking to people. She really enjoys visiting and meeting new friends.

Brenda Burgess lives on Birchwood.

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.

Together We Care

The Kenneth E. Spencer Memorial Home Inc

will be presenting a public
information session

Being There For Seniors

April 18th, 2013 2-4 PM
The Moncton Hospital Theater A

Community Programs Spencer Home

Mary Bourgeois- Recreation Therapist
Adult Day

Angela Leblanc- Nurse Manager
Relief Care

Guest Speakers

Gisèle Arsenault-Social Worker
Department of Social Development

Andrea Allain-Social Worker
Moncton Hospital

Maureen Wallace-Discharge Planner
Moncton Hospital



Working Together



&

Lawtons
DRUGS

Starr Fraser , Cosmetologist and Cherie Gromak , Pharmacist from Lawton's visited our facility on Feb 21 and participated in our Healthy Heart Clinic by providing hand waxing and blood pressure testing for staff.



&

VON
CANADA

Lois Kinnear from VON visited our facility on Feb 21 and participated in our Healthy Heart Clinic . Working along with Laura Small our Wellness Champion they provided cholesterol and blood glucose testing for staff .

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



Students from Eastern College
Front row- Emma Goobie, Alexandria Jiu, Jessica Mischiek, Kaleigh Keirstead
Back row- Kristie Champagne, Taylor Price, Kristina Anderson, Lois Lynn Instructor, Michelle Robertson, Josie Bourque, Jennifer Pittman
Missing Elisha Burgess

Thank You

*We appreciate having you
work with us!*

Here are a few comments from the students who worked with us:

They are so sweet and nice on wing Cedargrove and I hope I have a chance to come back and work here again and I love everyone on Cedargrove - Emma

The staff are great, a nice place to work. A lovely place to live for residents. With all my gratitude- Alexandria

Staff is great, had a great two weeks with the residents- Jessica

Great place, learned a lot- Kaleigh

Loved the residents and staff, learned a lot and enjoyed my two weeks here- Michelle

Great environment, great workers, great teachers. Awesome two weeks! Thanks! - Taylor

Had a great time on A wing, staff and residents welcomed us with open arms- Kristina

Enjoyed my time here! Learned a lot- Kristie

Very helpful! Thanks a lot girls:- Jennifer

Had such an awesome time training with Spencer's Nursing Home Staff and residents on E Wing.

They were very helpful and residents were so nice.- Josie



Benefits of Men's Coffee Group



Every Monday in the Living Room a group of men meet. They meet for conversation, coffee and a doughnut. The Men's Coffee group is a long existing program at Spencer Home that was implemented more than eight years ago.

This program is more than just coffee and conversation. The therapeutic value of Men's Coffee groups has been studied and we have been able to look at Best Practice's in our implementation. Men are now living longer and the importance of successful, healthy aging is important.

Men participating in "Men's Coffee Group" identifies that the other men are their friends.

This helps with the adjustment into the long term care environment. Through their stories men show how they support each other and state that the group is fun, facilitates a sense of belonging and serves an important role in their everyday lives.

A coffee group serves as one strategy men use to maintain involvement in social relationships and connect to the larger community.

WELLNESS CHAMPIONS

**Laura Small
Jennifer Fitzpatrick**

*Access to website is available on
computer in Conference Room in
Section 2.*

**These Lifeworks services are free to
any
employee of NB Nursing Homes.**

**If you have any questions regarding
resources that are offered, please
contact
Laura or Jennifer.**



Recipe Corner

Blueberry Banana Chia Crisp

2 Medium Banana, ripe, sliced into 1/2 inch pieces
2 cups Unsweetened blueberries (frozen)
1 1/2 tsp Cinnamon
1 cup Oatmeal, quick cooking
1/2 cup chopped Pecans
1/2 tsp Baking Powder
1/2 cup Chia seeds
1 cup Almond milk, original
1/4 cup Brown Sugar
2 tbsp Margarine, melted
1 tsp Vanilla

Preheat oven to 375. Lightly grease a 9x13 inch baking dish. Arrange the banana slices in a single layer on the bottom of the dish. Add 1 cup of blueberries next and then sprinkle 1/2 tsp of cinnamon over the fruit. Cover with foil and bake for 15 min. Prepare the filling while the bananas are cooking. Combine the oats, half the pecans, baking powder, 1 tsp cinnamon and the chia seeds in a medium bowl. Whisk milk, brown sugar, margarine and vanilla together in a separate bowl. Remove bananas from oven. Spoon oat mixture over the cooked fruit. Pour the milk mixture over the oats. Sprinkle remaining blueberries and pecans over the top. Bake the oatmeal, uncovered for about 30 minutes or until the top is golden brown. Serve warm.

Tip: serve with vanilla yogurt

Donations make a Difference



Spencer Home Foundation is pleased to sponsor fundraising for the purchase of a new bus to be used by the residents of K. E.

**CHARITY RECEIPTS (TAX DEDUCTIBLE) WILL BE ISSUED FOR ALL DONATIONS
FAMILIES, INDIVIDUALS AND CORPORATIONS ARE ENCOURAGED TO CONTRIBUTE
AS A BIRTHDAY, ANNIVERSARY, OR CHRISTMAS GIFT, A THANK YOU OR AS A MEMORIAL**