

THE COMMUNICATOR

KENNETH E. SPENCER MEMORIAL HOME

June, July, August 2013



*From the Desk of
Barbara Tremble Cook
Executive Director*

2013 is the 40th Anniversary of Spencer Home. Our Celebration committee has plans for fall events. Generations of families have lived at Spencer Home and generations of families have been employed at Spencer Home. We celebrate all the lives of residents, families, and staff and volunteers who are part of the 40 years !

We welcome summer at Spencer Home. In Canada we seem to have so many expectations for this season. Residents enjoy easier access to the outside for some fresh air and warmth of the sunshine. We welcome students and this summer we welcome Kaitlin Comeau working with Lynn our dietician, Evan Power in Maintenance and a student coming to the Recreation Department. The gardeners are back thankfully. All of us enjoy the gardens and watching them work!! Darryl Underhill will be the lead this summer and they are here on Tuesday mornings again this year. The Ladies Auxiliary, and Recreation volunteers are actively involved throughout the year with regular support and programming.

We are completing the final training sessions for our staff on the new staff scheduling program. We are excited to enjoy the benefits as we hear good things from other homes using the system. We are pleased to offer Employee Self Service with this system so staff will be able to access their schedules on line, viewing their time cards, personal schedules, time bank balances, request shift exchanges and request availability. Computers for staff use will be located in the Meeting room and the conference room. We are scheduled to go live July 1st.

We will see more construction in the next few months as contractors will be doing some work in the ceilings upgrading the areas around the entrance doors to the wings and section one core area. Maintenance will be communicating with staff and residents as necessary when we see the work starting likely in June.

The Worklife and Education committee are involved in Workplace Wellness initiatives and we appreciate the energy and initiative of the committee. Enjoy the events and opportunities! Wellness is important for work and home so we need to encourage each other. The committee made an excellent submission to the New Brunswick Association of Nursing Homes Health and Wellness Award. Although they did not win, they had special mention of our programs and initiatives and the entry was excellent.

Thank you to the staff for the special effort to surround the residents with the comfort and care they need. We know that summer brings mixed blessings for staff as we work through the summer months. We appreciate your attendance and respect for each other in the workplace.

*Together We Care!
Barbara*



God's Handiwork

Have you ever pondered the wonders of creation? Living, as we do in Atlantic Canada, the wonders of creation are vast and numerous – and they change four times a year as one season gives way to the next. The brilliant white of winter, the many greens of May, the intense colors of summer, the gourmet hues of the evening sky and the calming shades of high fall. And of course we can't forget the howling winds and frigid cold of winter or the over powering heat of summer, the always cheerful singing of the birds, or the wonder of new life. And what about the majestic ocean surf and the babble of gentle streams? God supplies endless evidence of His greatness all around us.

The wonders of God's creation can be seen everywhere if we aren't too distracted by the hectic pace of life. The author of Psalm 111:2 reminds us that the works of the Lord are great and that we are to take delight in them. As we look upon the many displays of God's creation, our enjoyment becomes evident when we give God credit for the wonderful Creator He is.

But when we talk about God's wonderful creation, we are missing His greatest work of all if we don't think on the transformation of human hearts who have experienced the brilliance of divine grace and love. The true wonder of God's continued creation is seen in lives changed through to the delight of all.

A few days ago I had the wonderful privilege of seeing the transformation of a human heart here at Spencer Home. On May twenty-fourth in a tub room in the presence of a couple of witnesses, I baptized one of our residents! It was her testimony that for many years she had resisted the Lord's urging that she be baptized. But the urging was so strong and so relentless that she wanted me to arrange to baptize her; and I did! The power of a life surrendered to God's will is indeed His greatest work of all!

As I have stated before, I am constantly surprised and delighted with the many ways that God is at work in the lives of residents. In fact, some of the highlights of my ministry have taken place right here at Spencer Home.

I want to challenge you to look for and discover the wonders of God's creation; it's all around you. And as you do, remember that God's greatest handiwork is displayed in the hearts of the people around you.

*Pastor Scott Ryder
Director of Pastoral Care*

My, How Times Have Changed



Save Money!
AT WARDS LOW PRICES
Save Ice!
WITH WARDS IMPROVED INSULATION



Save Money! Right at the time when a Refrigerator most—Compare this and features!
Increase Ice Capacity. Holds 20 to more of ice than rated.
Color Choice. Ivory and green or white, smoothly enameled over steel & white enameled inside... easily clean.
High 8-in. Legs. Easy to sweep under.
Sanitary Aluminum Watertight, Break or rust. Easily cleaned.
Live Rubber Gaskets. Keep doors tight... ice lasts longer.
Non-Spilling Tinned Shelves.
Large Shelf Space. 5 shelves in 100-4 in. others.

\$1195
40-**LB.**
SIZE

Shipped from Factory in Fond du Lac, Wis. See Estimated Freight Charge at left.

All White	Ivory and Green Enamel	Low Door	Outside Measurements to Inches	Low Door	Shelves	Shelf Area	Food Cap.
286K1148	286K1170	40	30 1/4 x 18 1/4 x 43 1/2	17	12	134	5.05
286K1147	286K1171	50	31 1/4 x 18 1/4 x 43 1/2	17	12	134	5.2
286K1148	286K1170	40	30 1/4 x 18 1/4 x 43 1/2	20	12	134	5.3
286K1149	286K1171	50	31 1/4 x 18 1/4 x 43 1/2	22	12	134	5.5



Triple Whip Action Freezers
Makes smooth creamy ice cream. Pull floating drive, easy to turn. All metal parts such as gear frame, shaft, crank—casters are stamped steel—rod trouble-free. Reinforced wooden tub, steel bottom. Tinned cream can.
Art. No. Cap. Ship. Wt. Price
486 K 2280 3 qt. 7 lb. \$1.98
486 K 2281 4 qt. 11 lb. \$2.75
486 K 2282 6 qt. 14 lb. \$3.29
486 K 2283 8 qt. 16 lb. \$4.39



Water Seal Steam Canner
Cans and cooks under steam pressure! Cooks food faster and more thoroughly... less spoilage. Capacity 1 1/2 qt. Inside 1 one-qt. mason jar. Included outer and inner container and rack. Gray enamel. Directions included.
486 K 666—Ship. wt. 8 lbs. \$1.49



Chicken Fryer
Ever tried chicken that's been fried in one of these? Mmmm... Deep enough to pot roast meat, too. Cast iron, ground smooth inside. Self-basting cover. Diam. 11 in. 6 in. high.
586 K 1414—Ship. wt. 15 lbs. \$1.00

Day Old Chicks
25 for \$1.90
Standard Quality Light Mixed Breed

More Poultry Dollars with Wards Chicks
Priced at big savings! Live delivery and satisfaction guaranteed. All breeders licensed by State Authorities. Method of Amelioration. Tubercle Test for Bacillary White Diarrhea. For Easy Payments see Wards General Catalog. Superior Quality. They have better appearance, more vigor and have longer breeding and heavier laying ability. From carefully culled and inspected pure blood flocks. State variety warrants. Shipped from Hatchery. Postpaid.

	25 Chicks	50 Chicks	100 Chicks	500 Chicks
Leghorns	\$2.85	\$4.75	\$9.25	\$45.75
Barred Rocks	2.85	4.75	9.25	45.75
N. Rhode Island Reds	2.85	4.75	9.25	45.75
Puff Oringtons	2.85	4.75	9.25	45.75
Minorca	2.85	4.75	9.25	45.75
White Wyandottes	2.85	4.75	9.25	45.75
Light Mixed Breeds	2.85	4.75	9.25	45.75
Heavy Mixed Breeds	2.85	4.75	9.25	45.75

Comb Foundation
Brood Foundation—Mixed
Nine wires in each sheet. Saves hand wiring. Front American—Mixed. Size 2 1/2 by 1 1/2 in. Heaviest divided bottom base frames 2 sheets to lb. Mailable.
57 K 5726—3 Lbs. \$2.55
57 K 5727—6 Lbs. \$4.55
Pure domestic Besswick. Best quality. For brood frames. Size 7 1/2 by 1 1/2 in. 7 to 8 sheets per lb. Mailable.
57 K 5728—3 Lbs. \$2.35
57 K 5729—6 Lbs. \$4.35

This Super Foundation
For extracting frames and sections. Size 1 1/2 by 1 1/2 in. About 20 sheets per lb. Ship. wt. above items 2 and 7 lbs.
57 K 5732—1 Lb. \$2.50
57 K 5733—3 Lbs. \$4.50

30 Sections 35¢
Strictly first quality sections—working better made. Clear white Wisconsin. Thoroughly cleaned, polished corners. Clean-cut tightly fitted V-rod sections. Size 4 1/2 by 1 1/2 in. Ship. wt. 4.8, 16 and 31 lbs.
No. 2 or 3 Grade. Special value.
57 K 5727—30 Sections \$3.00
57 K 5728—100 Sections \$9.00
57 K 5731—200 Sections \$18.00
487 K 5730—300 Sections \$4.75
No. 2 or 3 Grade. Special value.
Chilled style. Size 4 1/2 by 1 1/2 in. Ship. wt. 4.8, 16 and 31 lbs.
487 K 5732—1 Lb. \$2.50
487 K 5733—3 Lbs. \$4.50

48-Inch Feeder 59¢
Feeding. Galvanized. About 4 in. wide; 2 in. deep; length 48 in. Metal rod construction. Four-pointed ends to hold wire and 3 in. apart on long wire. Four-pointed ends to hold wire and 3 in. apart on long wire. Sold only in full 100-lb. quantities. 1000 lb. per quarter ton. Wards General Catalog. Shipped from Hatchery. Postpaid.
487 K 3824—Each \$1.10
Two feet.

Galvanized Barbed Wire
Tough open-rivet annealed wire, heavily galvanized and full gauge. Long sharp round ends. Four-pointed ends to hold wire and 3 in. apart on long wire. Sold only in full 100-lb. quantities. 1000 lb. per quarter ton. Wards General Catalog. Shipped from Hatchery. Postpaid.
14-Gauge—2-Point Light Weights
12 1/2-Gauge—Standard Weight
12-Gauge—Standard Weight
11-Gauge—Standard Weight
10-Gauge—Standard Weight
9-Gauge—Standard Weight

\$895 INSULATED STEEL CLAD TOPICER
A Top-Icer with all the quality features of Wards Mail Refrigerators above. Fits in small spaces that will not hold a wide size. Smooth green enamel with ivory doors. Shipped from Fond du Lac, Wis. Post. Pre. Charges above.
286 K 3186—Holds 36 lbs. of ice. Size 17 1/2 by 39 by 18 1/2 in. high. Two shelves. Ship. wt. 72 lbs. \$10.95
286 K 3187—Holds 36 lbs. of ice. Size 21 1/2 by 41 by 18 1/2 in. high. Two shelves. Ship. wt. 97 lbs. \$10.95

\$695 INSULATED STEEL CLAD ICE CHEST
A super value for Wards Mail Order customers. Same quality construction as chest above. Green enameled steel body with an ivory lid. Easy to clean. Holds 60 lbs. of ice—6-inch brownish legs. Size outside 27 1/2 by 18 1/2 by 29 1/2 in. high. 1 1/2 cu. ft. food storage. Has rack inside. Shipped from Fond du Lac, Wis. Post. Pre. Charges above. Ship. wt. 100 lbs.
286 K 3183—Sale Price \$6.95

Fashion NEWS!..Value NEWS!

Stride-along! → New Kiltie Type
In good-looking "Walk-er" shoe is smart Merona (novelty-grained) fiber with unusual perforations. Fringe of smooth f-grain. 1 1/2 in. covered sole. Leather sides. Sizes: 3 1/2 to 8. Med. de width. State size, in. wt. per pair 1 lb. 8 oz.
4 K 577—White with lite calf-grain \$1.98
in. Pair.....

White or Black

New "Fan" Shaped Perforations
Smart three-eyelet Tie. Comfortable. Calf-grain shaped designs. Choice of black or white and two fan heights. Leather soles. Choice of black or white and two fan heights. 1 1/2 in. covered sole. Medium wide width. State size. Ship. wt. per pair 1 lb. 8 oz.
24 K 583—Black, silver underlay. 2 1/2-in. covered Louis heel.
24 K 584—All white. 2 1/2-in. covered Louis heel.
24 K 586—All white. 1 1/2-in. covered Cuban heel. Pr. \$1.98

Black or White

Cuban Heel

Here Are 5 Winners

\$198 pair

Cut-out! Perforated! Hand Laced!
Ideal for summer because they're light, cool, airy. Soft Calf-grain leather. Flexible leather sole. A Ward Mail Order Special Value. State size. 1 1/2 in. covered sole. Medium wide width. Ship. wt. per pair 1 lb. 8 oz.
24 K 579—White. 2 1/2-in. covered Louis heel.
24 K 581—White. 1 1/2-in. covered Cuban heel.
24 K 580—Black. 2 1/2-in. covered Louis heel.
24 K 582—Black. 1 1/2-in. covered Cuban heel. Pair \$1.98

Imagine! Goodyear Welts at this Low Price
\$198 pair

New Cork Color or White "Ruff-Buc" Leather

Cork Color or White Meradona (Novelty) Grained

Punched! Rough Suede-Like Kiltie Oxford
"Ruff-buc" is that rough-finished, soft suede-like leather—so sporting for summer. This swagger Kiltie Oxford with fringed tongue is punched all the way through for coolness. Sports rubber soles; 1 1/2-inch rubber topped heels. Goodyear Welt. Sizes: 3 to 8. Widths C and E. State size and width. Ship. wt. per pair 1 lb. 8 oz.
24 K 3265—Cork color. 24 K 3266—White. Pair. \$1.98

Sporty Oxfords with Fringed Lace-Stays
Its punched design goes all the way through to make it cooler. Fits exceptionally well around the ankle. Sports rubber soles; 1 1/2-in. heels, rubber topped. Goodyear Welt. Sizes: 3 to 8. Widths C and E. State size and width. Ship. wt. per pair 1 lb. 8 oz.
24 K 3263—Cork color with brown lace stay. \$1.98
24 K 3264—White. Pair.

Advertisements taken from a Montgomery Ward catalogue in 1934
Look at the prices!



RESPECTFUL WORKPLACE

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become character.

**Watch your character, for it becomes...
your destiny**

Central Health

GO GREEN

CLEANING PATIO FURNITURE

Lawn furniture seems to be a magnet for all the grit and muck that nature can come up with. Outdoor chairs, tables, and loungers can be found caked with dirt, cobwebs, and grease, especially if they have been in storage for a while. Clean them off with a baking soda solution, using 1 cup baking soda added to some warm water. Wipe it on the furniture, then rinse thoroughly.

White wicker furniture is lovely to have for your yard and patio, but it can take a beating if out in the sun too much or left in the rain. You can help keep it from yellowing by scrubbing it periodically with a stiff brush that you have first moistened with salt water. Scrub every nook and cranny in the chairs and loungers and rinse thoroughly. Then let the pieces sit in the sun to dry, changing their position every so often .

Resource (*How Stuff Works Website*)



Great Job Staff!

**No Lost Time Workplace Incidents
for 3 consecutive
months!**



Way to Go!



Meet Our Staff

Carl Shaw -Maintenance

Carl was born in Nigeria and lived there until he was 15 years old. He then moved to Hartland, N.B. When he married he moved to Moncton. He began working at K.E. Spencer Memorial Home in June 1980 , part time, as an Orderly working the 12 am to 8 am shift. He shared that the Level of Care was much less and that there were no mechanical lifts. After working at this job for about 3 – 4 years a full time position became available in the Maintenance Dept. which he obtained. Carl remembers doing lawn maintenance with push mowers, so needless to say he really likes the drive on tractor!

Carl is the proud father of 2 girls & 1 boy & the really proud grandfather of his first grandchild (a boy – just in case you have not been shown a picture yet!)

Carl has travelled to Rome, the Alps and has seen the Changing of the Guard in London. He would one day like to visit Australia.

Carl really enjoys meeting and working with the people at K.E. Spencer Memorial Home.

NEW EMPLOYEES

- Melissa Georgondis Dietary
- Pearl Thompson Dietary
- Melissa Bailey Dietary
- Sally Thompson RA
- Savanah Miner RA
- Minji Choi RA
- Marilyn Mockler RN
- Stephanie Chaisson RN
- Rhonda Hebert LPN
- Amanda Scott LPN



Pat Yourself on the Back

For most of us, there are times when we feel unappreciated, as if no one understands how hard we work and how much we are trying. A great piece of advice is to praise often and tell people how much you appreciate them. There are times, however, when no one seems to be applying that advice toward us, when no one seems to be appreciating us.


At times, it's important to stop what you are doing and pat yourself on the back. Take a few moments to reflect on what you've been doing and on the nature of your intentions and actions. Mentally review your accomplishments. Think about how hard you work and how much you are contributing to your goals, and to the people you are working with.

As simple as this sounds, it really helps! Doing this can put things into perspective.

Sometimes we get going so fast that we forget to pause and reflect. When we take a moment, however, we can regain our perspective and realize that we are making a valuable contribution to ourselves, our families, the people and business we work with, and humanity. Recognizing your contribution from within yourself is actually more powerful and satisfying than hearing it from others. In fact, in order to feel good about yourself and your efforts, you must be able to compliment yourself and recognize and acknowledge your contribution from within.

Almost everyone loves to be patted on the back by others. It feels good. However, when it's not happening, don't let it get you down or affect your attitude. Praise from others is never a certainty, and making it a condition of your happiness is a really bad idea. What you can do is praise yourself and pat yourself back. Be honest and genuine regarding your compliments. If you're doing a good job. Say so. If you're working long hours, give yourself some credit. If you're making life a little better for even one person, or making any type of contribution to society, then the world is a better place because of you. You deserve to be recognized. If you'll actually take the time to do so, I think you'll find this exercise is well worth the effort.

"Don't Sweat the Small Stuff"
Richard Carlson, PHD



Congratulations Tammy!

Tammy Carrier has worked as a Resident Attendant for the past 16 years here at Spencer Home. Tammy has just completed her Bachelor of Nursing from UNB Moncton. She continued to work Part Time during her studies and plans to now continue to work with us as an RN. Tammy appreciates all the support and encouragement she has received while pursuing her Degree. We are proud of your hard work Tammy and Congratulate you on your achievement.

Shelly Anne Uniform Sale

There will be a uniform sale on June 25th in the Sunroom 11am-3pm



PARKING REMINDER

Please remember there are 2 designated disability parking areas in the staff parking lot. Both have signs on the pavement and are located at the end of the center rows closest to the Administration entrance.

Please ensure these are kept for those individuals with proper parking permits.

Shift Work and Nutrition

Working shifts can affect your health by interfering with your “internal body clock” known as the circadian rhythm, that functions to regulate the roughly 24 hour cycle of the human body. Working shifts can throw your circadian rhythm off. For example, your internal body clock tells your body to be awake in the daytime and asleep when it’s dark. After working through the night, you may want to go to sleep just when your body thinks it’s time to wake up!

Digestive processes slow down in the evening and overnight. When this rhythm is interrupted by shift work, what you eat may be out of sync with what your body is able to process. Fats will not be cleared from the blood stream as efficiently and blood sugars will not be regulated appropriately. That is why some foods that you tolerate well during the day may trouble you if you have them late at night.

Use these healthy eating tips to help you feel and stay alert at home and on the job.

Brown bag it– Packing healthy meals and snacks at home will make it easier to eat well on your shift.

Go for Balance– Enjoy plenty of fruit , vegetables and whole grain products. Choose lower fat milk products and yogurt and lean meats.

Avoid high-fat, fried or sugary foods– To prevent indigestion or “heartburn” consume lower fat foods that are not fried or too spicy. Foods high in sugar may give you a short burst of energy, but can ultimately leave you feeling sluggish.

Watch your portions– If you work shifts you may find yourself eating a large meal twice, first at work and then again at home. This can amount to too many calories that can lead to weight gain. Try having lighter meals or snacks at work to tide you over.

Stay hydrated– Drink plenty of water and other fluids to prevent dehydration, which can leave you feeling tired. Remember that by the time you feel thirsty you are likely already dehydrated. Keep a bottle of water close by and drink regularly throughout your shift.

Eat meals according to time of day , not your shift– If you start work in the afternoon, have your main meal in the middle of the day, rather than in the middle of your shift. If you’re working nights, eat your main meal before your shift starts, preferably between 5 and 7pm.

Have a late night pick up– A snack with a little protein will provide sustained energy late at night when you start to feel tired.

Cut down caffeine– Caffeine stays in your system for up to eight hours which can make it difficult to fall asleep later.

Have a light snack before bed– You can improve the quality of your sleep by not going to bed too full or too hungry. A light carbohydrate rich snack such as whole grain cereal with fruit or whole grain toast and jam are a good choice.

Stay active– Some light exercise before or midway through your shift will give you energy to finish your shift, improve your mood and help you sleep better.

Maintain a healthy body weight– A healthy weight can reduce your chances of getting heart disease, diabetes and even some cancers.

Resource: Dietitians of Canada 2013

Eating Seasonally and Locally

Now more than ever, people want to know about the food they buy and where it comes from. People buy local foods for different reasons like freshness, better nutrition or supporting local farmers. Buying local also reduces the impact on the environment , since food doesn’t need to travel long distances.

Buying local is often linked with fruit and vegetables. Local foods can be found in many departments of your local grocery store, not just produce. You can buy local meat, seafood, milk, eggs, bread, herbs and specialty products like maple syrup or chocolates

- Locally produced foods can inspire you to cook at home
- Locally produced foods give you variety

Local Markets

Salisbury Green Pig Market

Moncton Farmer’s Market

Marché de Dieppe



Around our Home



Residents at Spencer's enjoy a pancake breakfast



Reminisce



Its maple syrup time in the Maritimes

In April the maritime provinces were celebrating the first real signs of spring, and with it the beginning of the delicious tradition of maple syrup. As part of our programming here at Spencer's we tried to incorporate this into the lives of the residents with various maple treats and a reminisce of the tree tapping tradition of days gone by. Among the residents were two gentlemen who had gone out tapping and collecting the sap. One commented that he started when he was 9, and worked between 50 to 75 trees on the property during the early spring.

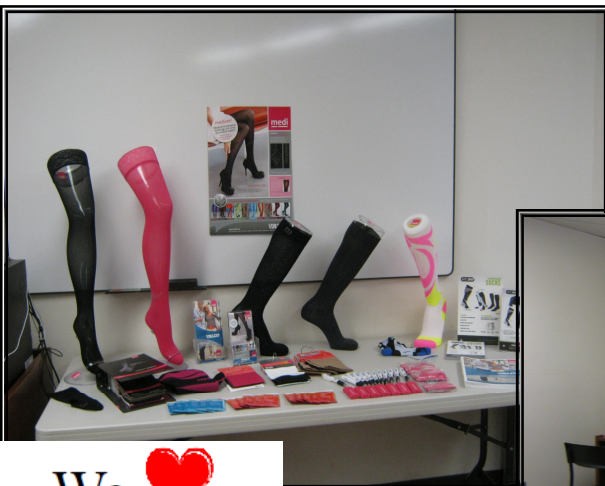
We were fortunate to have some authentic items on loan from Briggs Maple, which brought about a discussion that was both informative and genuine. Among the items used were a brace'n bit for tapping the trees, and a small maple candy box made from birch bark.

Maple syrup production, like most everything, has evolved during the last few decades. The way the trees are tapped, the sap is collected, and transported for processing has all been transformed. Interestingly though, certain things remain the same. Ideal weather conditions of cold night and warm days, the ratio of sap(45 gallons) for 1 gallon of syrup and the taste of that sweet springtime treat.



Healthy Leg Day

Staff participated in "Bring Life to Your Legs" Day sponsored by Lawton's and Valco



We ❤️
Our Staff



Around our Home

Our Volunteer Banquet took place on April 25th



Valarie Tremble treated us to a few classics on our Baby Grand Piano



Mike Hayes, our guest speaker spoke to us with heart felt words and a touch of humor.



Rena Beaumont was presented with flowers as a thank you for all her years of service. Rena retired from the Ladies Auxiliary Group this year.



Thank You

CTV Live at 5 visited our home Friday May 17 to present Dorothy Murray with the "Maritimer of the Week" award. Congratulations Dorothy!



Dorothy has been providing gardening to Spencer Home for the last 7 years.



Say Cheese



Do you have a knack for taking pictures? Submit your picture to any member of the Quality Worklife & Education Committee by email or in person for a chance to have it published in the quarterly newsletter and win a prize. It could be a picture of your pet, a scenic landscape, sunrise or sunset or anything appropriate that you feel is different or unique.

Please ensure your name and contact information is submitted with the picture.

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



We 
Our Staff

Summer Students

This summer we have two Summer Employment Experience Development grants. Each grant is for eight weeks. This program is for students who will be returning to school in the fall.

Welcome
Evan Power
and
Julie Wasson



Please remember to wear your hat!



With the nicer weather approaching make sure you have a sunhat to wear when you are outside.

Families are asked to bring in a sunhat for their family member. Please make sure it is marked with their name.



Reflections Reflections

The most memorable times are often the simplest. Family game nights stand out for many people as among their fondest childhood memories. Plan game nights with your family and friends and create lasting memories.



*"It is a happy talent to know how to play."
Ralph Waldo Emerson*

Celiac Disease

What, Why and How to be gluten-free

The month of May was

National Celiac Awareness Month! Celiac disease is a medical condition in which the small intestine is damaged by gluten which decreases the absorption of nutrients in the body. Gluten is a protein found in wheat, rye, barley, triticale, spelt, kamut and commercial oats (those that have been processed). While there is some debate on whether oats should be avoided, it is based on the fact that some oats may be contaminated. Commercial oats, which are those altered by processing, may have come in contact with wheat, barley, rye and related cereal grains that would create harmful effects to those who have celiac disease. Gluten in flour helps bread and other baked foods bind and prevent crumbling so you can imagine how much of a challenge it can be to make to gluten-free bread products! These products tend to have a tougher texture than wheat-based foods and they can have a different taste.

A true gluten allergy can only be determined by blood tests and a biopsy of the small intestine. As of now, the only medical treatment for celiac disease is a lifelong gluten-free diet. This being said, the gluten-free diet has become a recent craze amongst many people.

Grains are part of Canada's Food Guide and should not be eliminated completely from a person's diet unless a true allergy exists. While some people (with no true gluten allergy) swear by the gluten-free diet to make them feel better, it has not been scientifically proven. One justification for this may be that eliminating wheat products create more room for fruit and vegetables in the diet which contribute to health and feeling energized. Eating plenty of fruits, vegetables, meats, sea

food and dairy is perfectly safe for those on gluten-free diets, depending how the food is prepared. The biggest challenge comes

when consuming the right type of grains and baking products because wheat is the most common starch used.

Canada's Food Guide also recommends that 50% of our grain servings should be whole grains. For those with celiac disease this would include:

- Amaranth
- Teff - Corn (whole grain)
- Rice bran
- Montina (Indian Rice Grass)
- Popcorn
- Rice (brown, wild)
- Buckwheat
- Cornmeal (whole grain)
- Millet
- Quinoa
- Sorghum (whole grain)
- Oats (pure & uncontaminated)

For the complete list of grains that are gluten-free, visit the Canadian Celiac Association website (listed below).

Tips to follow a gluten-free diet:

- Read the ingredient lists on food products carefully.
- Watch out for hidden gluten; breaded products from wheat flour (like seafood), soups, salad dressings, baked goods, alcoholic beverages, condiments and a lot of processed foods.
- Be careful of contamination! Using a different toaster and having a separate peanut butter jar is even needed when a true gluten allergy exists.
- Following a gluten-free diet can be very expensive as the ingredients are different in gluten-free products. The best solution is to buy ingredients in bulk and start baking your own!

For more information on celiac disease and gluten-free diets check out the Canadian Celiac Association:

<http://www.celiac.ca>

& Dietitians of Canada: <http://www.dietitians.ca>

News from our Dining Room

Lobster Day Celebration Dinner

Wednesday June 12, 2013

Assorted Salads and Lobster



\$15.00 Complete Meal

\$12.00 Lobster Salad Plate

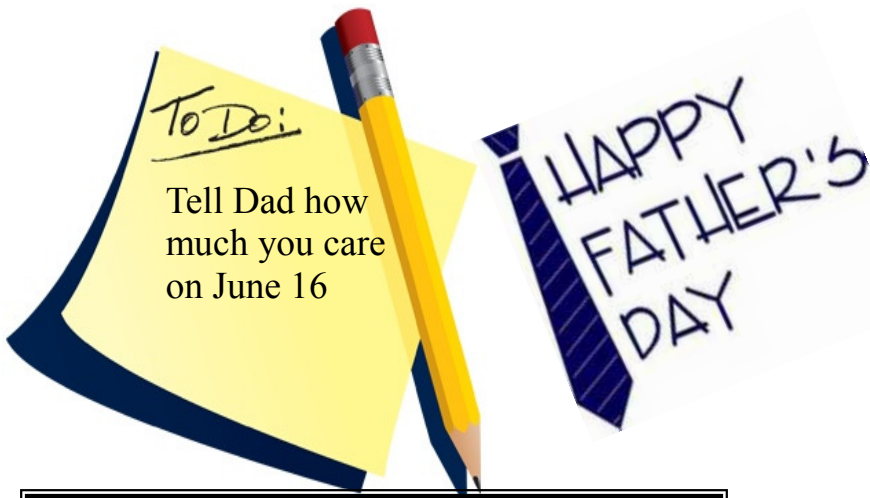


K. E. SPENCER MEMORIAL HOME

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.

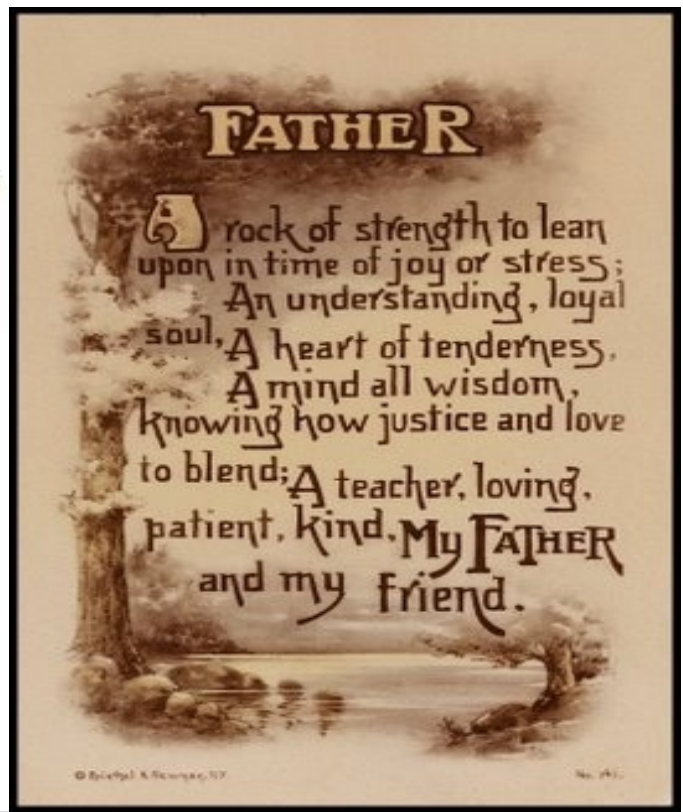
VALUES STATEMENT: All our decisions, actions and behaviors are based on:
CARING, RESPECT, INTEGRITY, EXCELLENCE, SAFETY.

VISION STATEMENT: Our Vision is a Nursing Home where residents experience life to its full potential.



Tell Dad how much you care on June 16



HAPPY FATHER'S DAY



Congratulations!
 Congratulations to Kyzer and his owner Rebecca Pelletier for being awarded the "2013 Dog Therapy" award from St. John Ambulance.
 Rebecca and Kyzer volunteer weekly in the Recreation Department providing therapeutic visits.



Working Together


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"Bring Life to Your Legs" day was held on May 7th. Lawton's Home Health Care Consultant Erin Dover and Valco Mediven Representative Pascal Turcotte worked with Spencer Home to make this a very successful and positive event

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 *Lily Benefit*

This years Annual Fundraising Banquet took place on May 21st raising more than \$16,000.00 to put towards the purchase of a new wheelchair accessible bus for our residents! Thank you everyone for making it a successful event.



Barry Williams provided upbeat music entertainment at this years Fundraiser

Donations make a Difference



SPENCER HOME FOUNDATION

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



Mr. Roland Rackham, Spencer Foundation Board Chair shares a few words

News and Views Spencer Home Foundation A Letter From The Chair Spring 2013

Dear Friends of Spencer Home,

After a long winter we can now really appreciate the beauty of spring; the arrival of tulips and crocuses to our flower gardens and of course, the grass crying out for attention, saying, "please cut me now".

Spring also brings opportunities for the clients of Spencer Home to again get out and enjoy God's handiwork. As you know by now, there is just one little predicament, our bus was declared unfit for use and has been sold for salvage; we are still in 'waiting mode' for the replacement bus. We have just completed our spring banquet; I want to thank everyone for their sacrificial giving again this year. Our fundraising efforts have come up short to date; **to finalize this project we need approximately \$9300.00.**

As you know by now, Spencer Home has decided to go forward and order (built to our specifications) the new bus and finance the remaining balance, which will be owed on delivery. It is anticipated that the delivery will happen by late summer; this should give our clients some time to enjoy the new bus before winter delivers a new set of challenges.

The **approach** is for the Spencer Home Foundation to continue its fundraising efforts to cover the costs of financing this potential loan. Our **wish** would be to minimize the balance owing or preferably have all monies available by the delivery date. Our **strategy** is to make a concentrated effort over the next few months to have all the money available by the time we take delivery (possibly a little celebration would be in order if this happens).

Please consider how you could 'do a little extra' this year, so that Spencer Home Foundation we will not be obligated to carry a debt into 2014.

Thank you,
Roland M. Rackham, CH.F.C.



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.**



LifeWorks



Recipe Corner

Spinach Berry Salad

1/4 cup pecans, chopped
4 cups baby spinach
1 cup strawberries
1 cup blueberries
1/2 cup red onion, sliced
2 tbsp olive oil
2 tbsp balsamic vinegar
2 tbsp honey
2 tsp Dijon mustard
1/4 tsp pepper

Toast pecans in a dry frying pan over low heat until they start to become fragrant. Keep moving the pan so the pecans don't burn. Toss spinach, berries, onion, and pecans in a large salad bowl. Make dressing by whisking olive oil, vinegar, honey, mustard and pepper in a small bowl. Pour dressing over salad and toss to coat.

TIP: try this salad with other seasonal fruit such as peaches or apples. Add goat cheese or smoked salmon for a twist.

Spencer's Wellness Trail

In supporting our Health and Wellness, we encourage staff, residents and families to take a break on the Spencer's Wellness Trail



Have you ever wondered how far one loop around the building is?

This summer we have placed signs to mark your progress as you walk around the building. Our goal is to motivate everyone to get outside in the fresh air for a break. No matter if you can only walk a portion of the distance, challenge yourself a bit further each time.

One loop = 0.4 miles/0.7km
Two loops = 0.9 miles/1.4 km
Three loops = 1.3 miles/2.1km

It is recommended that adults have at least 30 minutes of physical activity daily, this could be all at once or in ten minute intervals

Take a Break Enjoy a Walk