

THE COMMUNICATOR



K. E. Spencer Memorial Home

Sept, Oct,
Nov 2013
Fall Issue

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*40 Years, We've Something
to Celebrate!*



*From the Desk of
Barbara Tremble Cook
Executive Director*

Spencer Home is celebrating a 40th Anniversary this year. September 9-15 will have special events for Board members, Residents and Staff to mark the event! Look for the events scheduled and plan to attend.

We have installed a Digital Signage System that replaces the paper system used on the Directory Board in our foyer. The digital signage system has been installed as a result of a generous family donation. We know it will be an improvement for staff and families seeking the location of residents. The clerical staff is delighted to update the many admissions and discharges on a digital system and eliminate the challenges of maintaining paper updates to the directory.

Staff Schedule Care is now fully implemented for staff. There are still some processes that will be reviewed and updated as the scheduling staff and managers are more comfortable with the new technology and reporting systems. Staff is reporting this is a much better system and we expect this will be realized by more as we continue to use it. Thank you for the patience and time spent to gain yet another skill in technology. Please see your managers or clerical for assistance and refrain from interrupting the staff in the scheduling office.

The construction upgrading in the building is coming to a conclusion in August. Thank you again for your understanding and cooperation.

We have a bus being built right now! A 2014 Chev Eldorado 5 Wheelchair, 16 passenger bus will be delivered in October! We will be announcing the arrival day for staff and residents to see the bus when it is delivered to Spencer Home. The Spencer Home Foundation is still seeking \$\$\$ to complete the purchase. Donations can be made at the Business Office.

*Together We Care!
Barbara*

A Word From:
The Director of Pastoral Care,
Scott Ryder



“A White Lie”

A few weeks ago we had a situation that required some quick thinking and even quicker talking. I am happy to report that everything worked out wonderfully! But in the aftermath of what went on, a staff member came to me with a question. A simple question really, but a question that I have pondered numerous times since that warm afternoon in July.

In the process of diffusing the previously alluded to situation, a small untruth was offered to the resident as calming comfort. It worked! But it gave cause to the staff person to question me on the validity of lying. I think the question to me was something like, “were we right to tell a lie to the resident?”

Of course the “right” answer to that question is NO, we should not have told a lie. But as I have stated, I have pondered that interaction with the staff member many times. Let me explain. We have all been taught from a young age that honesty is the best policy – that telling a lie is never justified – and no doubt, many of us, if not all of us, at one time or another, have had the uncomfortable experience of being caught in a lie.

BUT what about the situation with the resident? The untruth calmed

him down and allowed us to resolve a situation that could have proved dangerous to the resident. And all we told him was that he had to get ready because his son was coming to see him. We weren’t expecting his son at that time, and we didn’t know when he would visit; and therein lay the untruth. And that gave rise to the question from the staff member who attended the situation with me – should we have lied?

The scriptures are clear; the ninth commandment prohibits bearing false witness – lying. And 1 Corinthians 13:6 clearly states that “love rejoices with the truth.” However there are at least two instances in the Bible where lying produced a favorable result. In Exodus 1:15-21 the Hebrew midwives tell a lie to Pharaoh which results in the Lord’s blessings on them; and many Hebrew babies lived. And in Joshua 2:5 Rahab tells a lie to protect the Israelite spies. But despite their outcomes, God never condones the lies – never! Yet, while the Bible does not state there are instances where lying is the right thing to do, the Bible does not declare that there is no possible instance in which lying is an acceptable option.

So when it comes to lying, we are left to our own free will of choosing right or wrong; and the seemingly right choice is often not the easy choice. In an evil world, and in a desperate situation, it may be the right thing to commit a lesser evil like lying, in order to prevent a situation from escalating to a level where dan-

ger looms.

In this particular situation the untruth ended the ordeal without injury and without the need for medical intervention. And yes, the son did eventually visit!

So you decide – is it ever right to tell an untruth, a little white lie? God created you with a free will to choose your actions; so when it comes to telling the truth, what do you do? A white lie is deceptive, but it may also be polite or diplomatic at the same time – and it may even prevent a bad situation from getting worse!

But remember what Paul wrote in Romans 6:23a, “all sin is equally offensive to God.” And in Proverbs 6:16-19 God’s condemnation of lying contains no exception clause at all. And I need to make one last point – to tell the truth is not a suggestion, it is a command that we can read about in Psalm 15:2. So if God is the God of truth then telling the truth, according to Psalm 31:5 honors the Lord.

So indeed, what is a person to do when it comes to telling the truth in a world that seems to exist on a form of truth that is self-serving rather than God honoring? The next time you find yourself in that familiar quandary of telling the truth or telling a lie, consider the greater ramifications of choosing that all too convenient little white lie. Whether white or not the lie you tell will eventually damage your creditability with God and with man.

Rev Scott Ryder
Director of Pastoral Care

Meet Our Staff ——— Janice Hicks, Resident Attendant on Hollyhock

In view of the fact that we at Spencer Home will soon be celebrating 40 years of service we thought it would be appropriate to feature our longest serving employee. When May of 2014 rolls around Janice will have been here for 38 years..... WOW!

Janice was born and raised in Bridgedale, NB which is not far from Lower Coverdale. She is the oldest of four children. Her father was employed at Eaton's in the mail order department while her mother was content to be a housewife and homemaker. Janice's first job, other than babysitting, was at Eaton's store in Highfield Square. She was employed as a cashier in the restaurant until she broke her leg. When she recovered from her injury rather than return to Eaton's she began working at Spencer Home in 1976. Janice began her career with Spencer's in the Housekeeping Dept. When Spencer's opened its second section in 1980 Janice began working as a Resident Attendant and has been working on Hollyhock ever since. YOU GO GIRL! Janice's hobbies include knitting, crocheting and on summer days you can find her in her flower beds. She has been married to David for 23 years and presently they reside in the community of Allison. They were fans of the stock car races when they were younger but now enjoy spending time at home. Janice always has some thing to sell and frequently you will find her peddling maple sugar products for her younger brother.

Janice loves her work and really cares for the Seniors she works with and is one of the many unsung heroes of Spencer Home! Thanks for your dedication and your many years of service Janice and keep up the great work!

Submitted by Carl Shaw

My, How Times Have Changed

An advertisement taken from the Book of Modern Homes in the 1930's. Notice there is no bathroom in the design of the house.

\$558⁰⁰ PAYS FOR ALL THE MATERIAL TO BUILD THIS **SIX-ROOM HOUSE**

For this price we furnish the Mill Work, Lumber, Roofing, Eaves Trough, Hardware and Painting Material. By allowing a fair price for labor this concrete block house can be built for \$1,558.00. WE TELL YOU ON PAGE 3 HOW YOU CAN OBTAIN THESE PLANS WITHOUT COST.



MODERN HOME No. 64

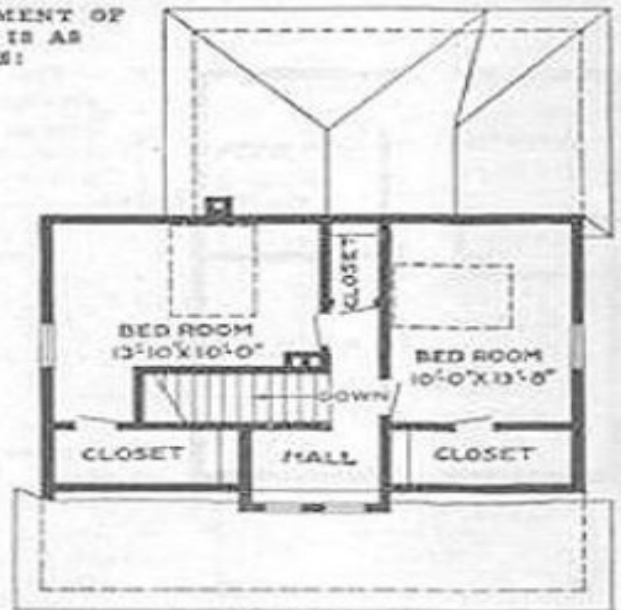
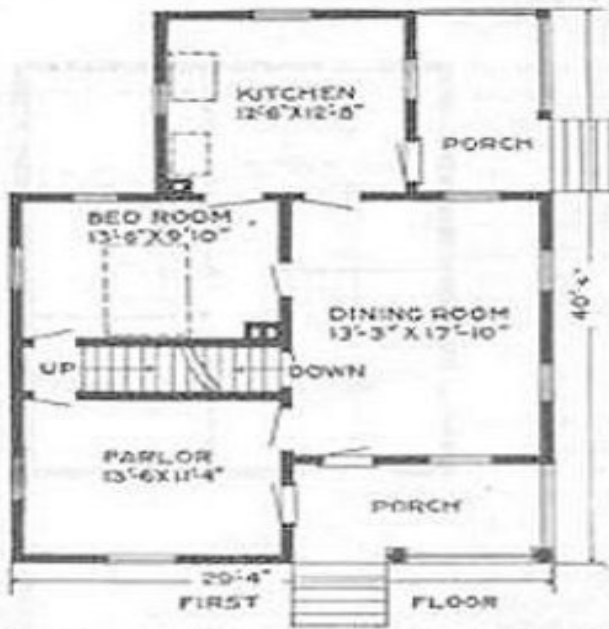
THE ARRANGEMENT OF THIS HOUSE IS AS FOLLOWS:

FIRST FLOOR

- Kitchen, 12 feet 6 inches by 12 feet 6 inches.
- Dining Room, 12 feet 2 inches by 17 feet 10 inches.
- Parlor, 13 feet 6 inches by 11 feet 4 inches.
- Bedroom, 12 feet 6 inches by 9 feet 10 inches.
- Front Veranda, 14 feet by 7 feet 4 inches.
- Rear Porch, 12 feet 4 inches by 7 feet 4 inches.

SECOND FLOOR

- Bedroom, 12 feet 10 inches by 10 feet.
- Bedroom, 10 feet by 12 feet 8 inches.
- Front Hall.
- Bedrooms have large, heavy coats, seven-foot, base-board, with crown floor.
- Height of ceiling, first floor, 9 feet 2 inches.
- Height of ceiling second floor, 8 feet 4 inches.



SECOND FLOOR

THIS LARGE SIX-ROOM HOUSE, which would ordinarily cost you between \$1,000.00 and \$1,200.00 full of materials for \$1,558.00. If you like this house, order these plans; let us demonstrate to you the fine quality of the material we specify. We tell you before you build, the exact cost of this or any of the houses shown in this book. We furnish you all the material necessary, masonry work excepted, at the lowest factory cost plus one small percentage of profit and all we ask in exchange for our \$100.00 building plans is that you give us a small order for some of the material. See page 2.

Complete Hot Air Heating Plant, for soft coal, extra, **\$72.00** Complete Steam Heating Plant, extra, **\$162.05**
 Complete Hot Air Heating Plant, for hard coal, extra, **74.00** Complete Hot Water Heating Plant, extra, **196.62**

Workplace Bullying is a Health Hazard



What is a bully?

A bully is a person whose behavior is...

* persistent * offensive * abusive * intimidating * insulting * abuses power *

which makes the recipient (or target) feel...

* upset * threatened * humiliated * vulnerable *

Everyone is allowed to make a mistake. If you do it repeatedly, however, it moves this behavior from the category of inappropriate behavior to bullying.

A bully is not...

*a demanding boss * having normal conflict with a co-worker * someone with whom you poorly communicate * an assertive or direct person *

Tips for communicating with a bully...

- ⇒ Let them know what they are doing that is problematic, be specific .
- ⇒ Let them know the impact of their behavior on you.
- ⇒ Always treat them with respect.
- ⇒ Treat them how you would like to be treated if someone thought you were a bully. What would you want them to do? How would you want to be handled?

Healthy & Safety Committee Members

Janet MacKenzie,
Co-Chair

Bev Harper, Co-Chair

Lynn Burdock

Danny Prosser

Angela LeBlanc

Jennifer Steylen

Ronda McCready

Tiffany Bradley

Kim Frazee

Cheryl Berry

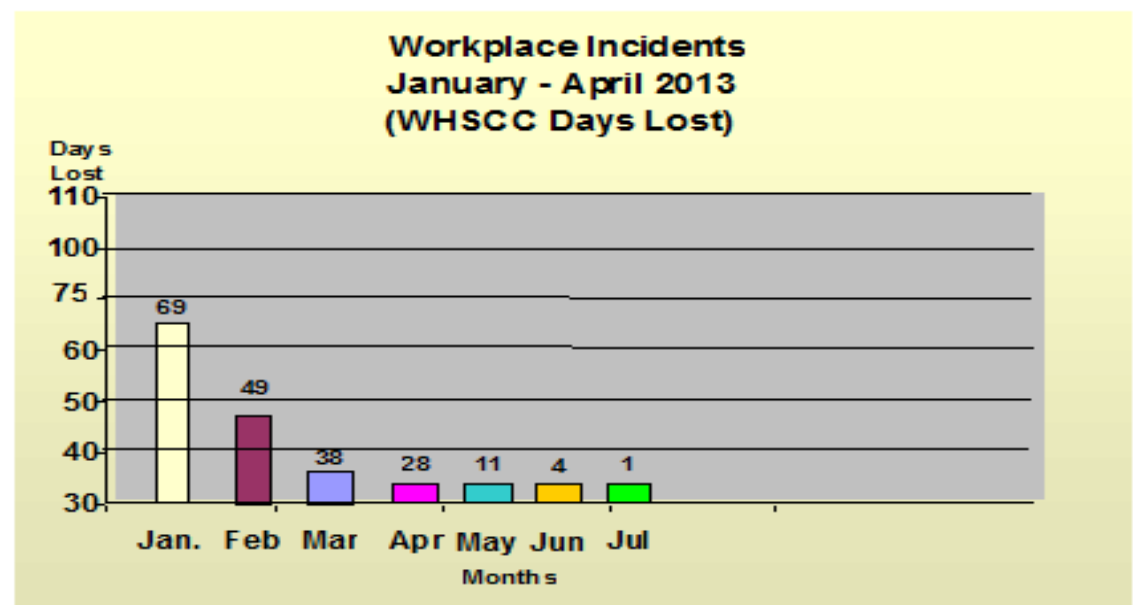
Laura Jones

Una Flynn

Health & Safety:

Workplace Incidents:

The graph below illustrates the number of days lost at work in **2013** because of a work related injuries. Since January 2013 there has been a gradual decline in the number of Workplace Health, Safety and Compensation Commission (WHSCC) lost time days. Congratulations to everyone, GREAT JOB!!



NEW EMPLOYEES

Kristina Anderson RA
Crystal Grover RA
Elisha Burgess RA
Nathan O'Shea RA
Tammy Brantnall HK
Tammy Hall HK
Gail Lyons Dietary
Tracey Power Dietary
Chelsey Tweedie Student
Brandon Childs Student



A Special Find

A little boy opened the big and old family Bible with fascination, and looked at the old pages as he turned them.

Suddenly, something fell out of the Bible, and he picked it up and looked at it closely. It was an old leaf from a tree that had been pressed in between the pages.

"Momma, look what I found," the boy called out.

"What have you got there, dear?" his mother asked.

With astonishment in the young boy's voice, he answered: "I think it's Adam's suit!"



Author unknown

www.reflection-online.net

work life play

10 SECRETS TO A STRESS FREE LIFE

1. START SMALL. Don't overwhelm yourself with big change. Alter one small thing – a morning habit, a food choice. Over time, these will add up to the intentional life you crave.
2. CONNECT. Put love and friendship first in your life, scheduling dates with others as you would doctor's appointments.
3. FOCUS ON NOW. Rather than disperse your energy with multitasking, take one job, one person at a time. The more mindful you are, the quicker you can stop stress and turn yourself around.
4. WRITE IT OUT. Release stress by getting negative feelings out of your body. Pick up a pen and write down your thoughts.
5. OWN THE NEWS. Change the way you approach the bleak information you get from the media. Don't shy away from knowing the facts – apathy can prove as damaging to your spirit as stress or depression. Use what you learn to become part of the solution. Send light, positive energy and prayers to those suffering while finding tangible ways to get involved. You are in a position of power and control; embrace the media and use it as your classroom.
6. WALK SOFTLY. When we're stressed, we tend to hit the floor hard with every step. Imagine you're walking on a lotus flower – tenderly, gently. Unplug through your feet and you will calm down to a more tranquil mental place.
7. TRY A MINI MEDITATION. Memorize a three to five word phrase, a mantra, which will bring you back to center when things get rough, such as "I am strong" or "Spirit will guide me." Also, keep a peaceful image mentally on hand to call up in stressful moments.
8. TAKE STOCK. Make a list of things that bring you joy and another list of things that drain your energy. Do these 10 minutes daily for a week and then review your lists to see how your own life matches up.
9. LOVE YOUR COMMUTE. See your travel time as a change to cultivate patience and compassion. If you can use calming breaths to stay relaxed and unruffled in traffic, you can handle anything.
10. PRACTICE GRATITUDE. It's hard to feel gratitude and stress at the same time. Devote five minutes a day to giving thanks for all the gifts in your life – starting with your breath, the source of everything.

From Wholeliving by Kathleen Hall

6 Facts About a Person With Dementia



By Dan Lonigro, CPI Global Professional Instructor

I can still smell the flowers.

I don't garden anymore, but I can still smell the flowers. Bring me some roses. This will remind me of my past.

I can still communicate.

I can't talk the way I used to, but I can still communicate. Be patient as I try. This will help me feel connected.

I can still make decisions.

I don't have the judgment I used to, but I can still make decisions. Give me choices. This will make me feel like I'm a part of things.

I can still wash my face.

I can't take a bath by myself anymore, but I can still wash my face. Assist me with direction. This will help me feel purpose.

I can still sing.

I can't dance anymore, but I can still sing. Help me enjoy music. This will enrich my life.

I can still move my body.

I can't walk unassisted anymore, but I can still move my body. Walk with me, and support me if I stumble. This will help me feel engaged.

You are my lifeline. I depend on you. But please don't do for me what I can do for myself. Recognize what I can do and help me to function as a person.

You are key to the quality of my life.



crisisprevention.com

“PEP”

Health and Wellness - Diabetes Prevention

Before people develop type 2 diabetes, they almost always have “pre-diabetes”- blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. The good news is that people with pre-diabetes can delay or prevent the development of type 2 diabetes by making changes in their diet and by increasing their level of physical activity. It is currently estimated that six million Canadians have pre-diabetes.

Both type 1 and type 2 diabetes are serious conditions and can lead to the same complications. People with diabetes can, however, do many things to stay healthy. Important first steps in basic diabetes care include eating according to a healthy meal plan and including physical activity (both aerobic and resistance training) in your daily schedule. Regular physical activity improves your body’s sensitivity to insulin and helps manage your blood glucose levels.

Canadian Diabetes Association

WELLNESS CHAMPIONS

**Laura Small
Jennifer Fitzpatrick**

Access to website is available on computer in Conference Room in Section 2 and Meeting Room in section 1

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

Tips from our Dietitian

What’s for Dinner?

Many families have busy schedules and struggle to find time to cook meals and eat together. It is possible to have a meal on the table in 30 minutes or less . Meal planning is the key to healthy meals in a hurry!

Power of Planning

Planning can reduce stress to cooking meals. A well thought-out meal plan will help avoid making poor food choices. Planning also adds variety to meals so you don’t get stuck in a food rut.

The healthy plate offers a variety of foods with the right balance of carbohydrates and protein which can help control your blood sugars.

Some tips for meal planning are:

1. Keep a grocery list at home and add to it as you run out of foods.

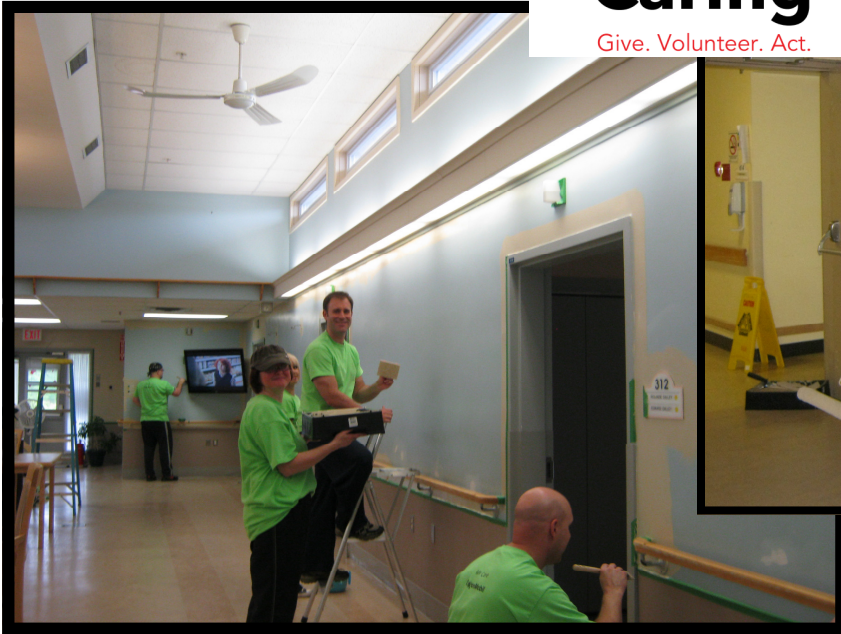
2. Look for specials in grocery flyers. Plan your meal around sale items to save on your grocery bill.
3. Take items out of the freezer and thaw overnight in the fridge.
4. Assign jobs so family members can help e.g., younger children can set the table; older children can wash and peel veggies. Including children in a meal planning improves healthy eating habits and creates valued family time opportunity.
5. Cook larger portions of food and plan to freeze leftovers for easy lunches and suppers when you are in a hurry.
6. Use prepared and ready- to -go foods as part of the to save time e.g., buy pre-cut veggies, use salad dressings as a marinade.
7. Cook items that can be made in one dish (e.g., casseroles or stir fires). Clean up will be faster.
8. Use a slow cooker to have a hot meal waiting for you at home.

Resourced from “Diabetes Care in Action”

Around our Home

**Day
of
Caring®**

Give. Volunteer. Act.



United Way Day of Caring

Day of Caring is a special program coordinated by United Way of Greater Moncton & Southeastern NB Region Inc (GMSENB). Its goal is to mobilize teams of corporate employees as volunteers to complete meaningful, hands-on projects that will greatly assist local non-profit agencies in the Greater Moncton & Southeastern NB Region.

On Friday June 8th, teams from Medavie Blue Cross and Exxon Mobil came to help paint in the home. Exxon Mobil repainted Cedargrove's blue walls to earth tones. Medavie Blue Cross helped paint all the doors in section two. In the afternoon the Medavie Blue Cross group took residents out for a walk.

We would like to thank all our volunteers for making Day of Caring a huge success.

The Spencer Home Ladies Auxiliary donates \$2000.00 to the Home.

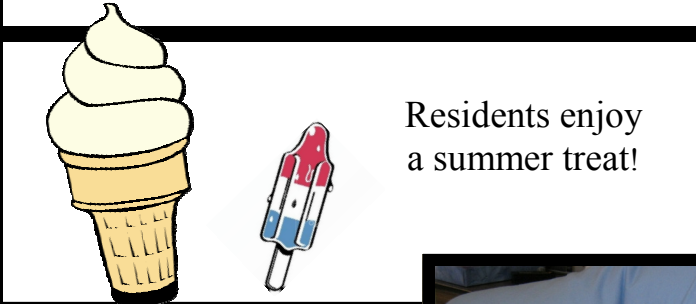


Ladies Auxiliary Group
Spencer Memorial Home
Moncton, N.B.
June 05, 2013
Pay to the Order of Kenneth E. Spencer Memorial Home \$2000.00
Two Thousand Dollars x/100
Ladies Auxiliary

Around our Home



A few of our residents from the "Men's Coffee Club" enjoying a special Fried Clam meal!



Residents enjoy a summer treat!



Spencer Home Celebrates Forty Years of Family Care

Spencer Home will be celebrating a 40th Anniversary this year with festivities planned for our residents and staff the week of Sept 9th to Sept 15th. Family members are welcome and encouraged to accompany their family member to attend these festive events.



There will be a staff lunch on Thursday, September 12th in the Chapel area, 11:30am-1:30pm. Pizza, pop and cake. Sign up sheets are posted, if you plan on attending please sign up.



We will be holding a resident and family barbeque on Saturday September 14th near the main entrance. Tickets for this event are required and can be purchased from Cheryl Berry at the Dietary Department, Monday-Friday, 8:00-4:00, at a cost of \$8.00 per ticket for adults and \$5.00 per ticket for children under 12 years of age. This will include a barbeque lunch of a hamburger or hot-dog, chips, coleslaw, dessert

and pop. The meal will be served at 12:00 noon. It is recommended to be here at 11:30am allowing time to be seated. There will be special music entertainment and wagon rides in the afternoon for all to enjoy.



Sunday, September 15th we will be holding a special chapel service at 2:00 pm with special music entertainment followed by an open house from 3:00 pm-5:00 pm.

Special recreation programs will be offered throughout the week for residents, please check the recreation calendar for further details or contact Mary Bourgeois at 858-7870 x115.



40th
Anniversary

National Infection Control Week October 20-26, 2013



The third week in October is designated as National Infection Control Week (NICW) in Canada and the U.S. In Canada, Infection Control Week originated in 1988 to highlight infection control efforts in Canadian hospitals, long-term

care facilities and in the community. It was an opportunity for infection control professionals to educate staff and the community about the importance of infection prevention and to promote the important work that was being done by infection control professionals in a visible and fun way. In 1989 the federal government proclaimed Infection Control Week as an annual event.

Reflections Reflections

Be a reflection of what you'd like to see in others. If you want love, give love. If you want honesty, give honesty. If you want respect, give respect. You get in return what you give.

Attention all Staff

There will be meetings held on
September 24 and September 30
at 2pm

in the board room
as a follow up to your recent
Staff Schedule Care training.
If you have any questions, please
plan to attend one of the meetings.

Have your questions ready

or

pre-submit them in the
Communication Box
and our Staff Schedule Care Leaders
will have the answers ready for you.



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.



A Message from the Dietetic Intern

My 15 weeks here at Spencer's have flown by and it's been a wonderful experience from beginning to end. Not only did I get to accomplish the learning requirements during my summer long internship, but I also got to meet such wonderful people – from the staff to residents to family members. I'd like to thank everyone who supported my learning, as well as a big thank you to the residents for welcoming me into their home. The homey environment and not to mention the great tasting food prepared from the kitchen (it tastes just like my grandma's cooking!) really helped me to enjoy my time away from home. I've learned more than I ever thought possible and I am very grateful for this experience. I sincerely wish all the best to the staff, volunteers, residents and their families.

Kaitlyn Comeau
Dietetic Intern from Mount Saint Vincent University

eLearning



Olivia The Owl Says

Remember to complete courses available through eLearning. Computers are set up in section 1 Meeting room and section 2 Conference room. You can also access the site in the comfort of your own home, using your personal computer.

Worklife & Education

Working Together



Kaitlyn Comeau , Dietic Intern from MSVU

On June 20th, Kaitlyn presented “Best Practices for Hydration Management in Long Term Care” to all staff.

On July 15th, Kaitlyn presented “Importance of Hydration” to Adult Day clients.

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 40 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**

Say Cheese



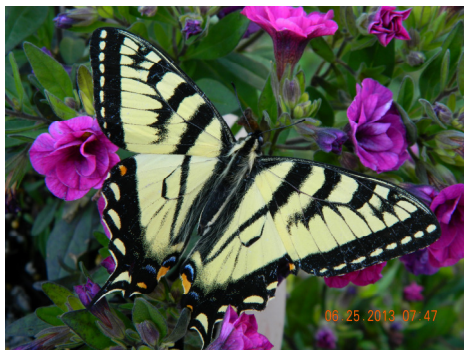
Do you have a knack for taking pictures? Submit your picture to any member of the Quality Worklife & Education Committee by email (cmcrae@atlanticbaptisthousing.com) or in person for a chance to have it published in the quarterly newsletter and win a prize. It could be a picture of your pet, a scenic 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 would like to thank all that submitted, it was really hard to choose. Please continue to submit entries for the next quarter.

The winner for this quarter is
Kelley Bishop



Congratulations!

We ♥
Our Staff

Celebrate Life With Thelma Bertie Mitton



Thelma Bertie Mitton was born January 3rd, 1913. Although she was born and raised with her three brothers and four sisters in Meadow Albert County, New Brunswick, working as a school teacher induced her to move about 1 hour Southeast to Riverside-Albert latter on in her life. When she first started teaching she taught all grades, but as the years went by she spent a greater amount of focus and time with the younger students. Of course working as a school teacher you would have to have a small interest in literature and reading. In Thelma's case, it happened to be her number one hobby as a little girl and even to this day. In addition to her joy for reading, she thoroughly enjoyed knitting, travelling and animals, especially kittens which she had as pets. Only just some examples of places where she has travelled are Denmark, Sweden, Norway and Scotland. On top of teaching, hobbies and travelling, she also found the time to teach Sunday school every Sunday.

Most of all, Thelma had a great love for her family. On August 10th, 1940, at the age of 27, she was married. Through their 33 years of marriage they had 2 children, 1 son and 1 daughter. She now has 3 grandchildren and even 5 great grand children. These days you can find her knitting, listening to recorded stories, attending chapel and of course reading anything with a good story.

Spencer Home gets new Directory Board!!



SEACRET™
MINERALS FROM THE DEAD SEA

A Seacret representative visited our Home on August 23 and provided demonstrations and samples for our staff and residents.



We ❤️
Our Staff

CRAFT & BAKE SALE

Sponsored by

The Ladies Auxiliary

SPENCER MEMORIAL HOME



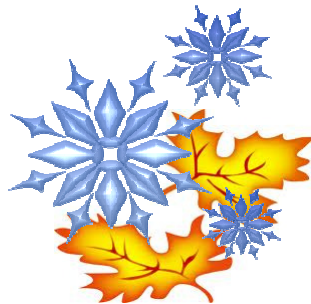
Saturday Nov 2, 2013

10am-1pm

At the Home

35 Atlantic Baptist Ave, Moncton NB

This is one of our big fund raising events and we would appreciate your support again this year!



Students from Eastern College

Front row –Lois Lynn (Instructor), Erin McLean and Monique Daley

Back Row– Marla Morris Windle, Cosmin Dinu and Heather Richard.

Absent– Courtney Burke

Thank You

We appreciate having you work with us.



The students would like to say a huge Thank You to the staff and residents from Applegrove and Birchwood.

Favorite Hymns of Different Professions

- The Dentist's Hymn— Crown Him With Many Crowns
- The Contractor's Hymn— The Church's One Foundation
- The Tailor's Hymn— Holy, Holy, Holy
- The Golfer's Hymn— There is a Green Hill Far Away
- The Politician's Hymn— Standing On The Promises
- The Optometrist's Hymn— Open My Eyes That I Might See
- The IRS Agent's Hymn— I Surrender All
- The Gossip's Hymn— Pass It On
- The Electrician's Hymn— Send The Light
- The Shopper's Hymn— In The Sweet By and By
- The Realtor's Hymn— I've Got a mansion Just Over The Hilltop
- The Pilot's Hymn— I'll Fly Away
- The Paramedic's Hymn— Revive Us Again
- The Judge's Hymn— Almost Persuaded
- The Psychiatrist's Hymn— Just a Little Talk With Jesus
- The Architect's Hymn— How Firm A Foundation
- The Credit Card Telemarketer's Hymn— A Charge To Keep I Have
- The Zoo Keeper's Hymn— All Creatures Of Our God And King
- The Postal Worker's Hymn— So Send I You
- The Waiter's Hymn— Fill My Cup, Lord
- The Gardener's Hymn— Lo, How A Rose E'er Blooming
- The Lifeguard's Hymn— Rescue The Perishing
- The Criminal's Hymn— Search Me, O God
- The Baker's Hymn— When The Roll Is Called Up Yonder
- The Shoe Repairer's Hymn— It Is Well With My Soul
- The Travel Agent's Hymn— Anywhere With Jesus
- The Geologist's Hymn— Rock Of Ages
- The Librarian's Hymn— Whispering Hope



Apple, Pear & Cranberry Crisp



Ingredients

- 2 pounds ripe Bosc pears (4 pears)
- 2 pounds firm Macoun apples (6 apples)
- 3/4 cup dried cranberries
- 1 teaspoon grated orange zest
- 1 teaspoon grated lemon zest
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons freshly squeezed lemon juice
- 1/2 cup granulated sugar
- 1/4 cup all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

For the topping:

- 1 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar, lightly packed
- 1/2 teaspoon kosher salt
- 1 cup old-fashioned oatmeal
- 1/2 pound (2 sticks) cold unsalted butter, diced

Directions

Preheat the oven to 350 degrees F.

Peel and core the pears and apples and cut them into large chunks. Place the fruit in a large bowl and toss with the cranberries, zests, juices, granulated sugar, flour, cinnamon, and nutmeg. Pour into a 9 by 12 by 2-inch baking dish.

For the topping:

Combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed for 1 to 2 minutes, or until the mixture is in large crumbles. Sprinkle evenly over the fruit, covering the fruit completely.

Place the baking dish on a parchment-lined sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly. Serve warm.



Got a sweet tooth?
Have a craving for chocolate?

Chocolate bars for sale at Reception or Executive Assistants office. \$2 each. Proceeds go to the Spencer Foundation.

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.

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The Kenneth E. Spencer Memorial Home Inc.

35 Atlantic Baptist Ave.
Moncton, NB E1E 4N3

Tel: (506) 858-7870

Fax: (506) 858-9674

E-Mail:

info@atlanticbaptisthousing.com

Website:

www.atlanticbaptisthousing.com

