

THE COMMUNICATOR



K. E. Spencer Memorial Home

Dec 2013,
Jan & Feb
2014
Winter Issue

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Spencer's Angels of Hope

*"Delight thyself also in the Lord and He shall
give thee the desires of thine heart"*

— Psalm 37:4

When the day is dull and cloudy,
With out sun, it is hard to cope.
But beyond the clouds there's sunshine,
With Spencer's Angels of Hope.

The staff is very pleasant,
The rooms kept neat and clean.
And looking out the windows,
we see flowers and lawns so green.
With special foods in season,
Served with cheerful smiles.
While taking care of older folks,
Who often come for miles.
There's many things that you can do,
If you are so inclined.
To help you get in motion,
And pass along the time.
Then with the Gospel Services,
In the chapel day by day.
Telling each one that "God loves them",
Showing each the only way.
Is to trust his blessed promise,
Jesus died to set each free.
But the choice is with each loved one,
As He bids them "Come to me".

Margaret B Morton
(Resident at Spencer Home)

U-FIRST

U-FIRST! Is an educational program out of Ontario geared towards nursing home residents with dementia; younger residents with challenging behaviors; and residents with mental illness. Adopted by New Brunswick Nursing Home Services, all staff in New Brunswick Nursing Homes will be receiving and orientation to U-FIRST.

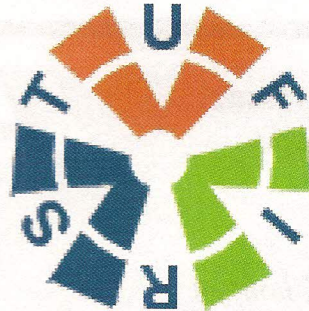
Remember :

- √ All behavior has meaning
- √ There is a reason for what the resident is doing
- √ What works one time may not work another.
- √ You can do a great deal of good in a moment

Approach is everything

"We must become the change we want to see"

Mahatma Gandhi



We are always looking for information to print in our News-letter. Please forward suggestions to:
cmcrae@atlanticbaptisthousing.com

Or drop it off at reception and Wanda will put it in my mailbox.



Healthy & Safety Committee Members

Janet MacKenzie,
Co-Chair

Bev Harper, Co-Chair

Lynn Burdock

Danny Prosser

Angela LeBlanc

Jennifer Steylen

Ronda McCready

Cathy Smyth

Tiffany Bradley

Kim Frazee

Cheryl Berry

Laura Small

Ten Commandments of Safety for Supervisors

- 1) Care for the people at work as you would your family
- 2) Know the rules for safety that apply to the work that you supervise
- 3) Anticipate the risks from changes in equipment or methods
- 4) Encourage employees to discuss with you the hazards of their work
- 5) Instruct employees to work safely
- 6) Follow up your instructions consistently
- 7) Set a good example
- 8) Investigate and analyze every accident
- 9) Cooperate with those in your workplace actively concerned with employee safety
- 10) Remember that safety is one of the prime obligations of your company



My, How Times Have Changed

Christmas advertisements
from 1910-1930

The
KODAK
CHRISTMAS

MERRIEST CHRISTMAS

If it isn't on Kodak it isn't a Christmas!

No. 2 Flexo \$5.00
Kodak

Folding \$12.00
Pocket
Kodak No. 1 A

SAMSON De Luxe CARD TABLES *More Beautiful Than Ever!*

Make Ideal Christmas Gifts

FIRST TIME

ENTIRE NEW CAST OF ALL STYLES!

FREE!
3 NEW IMPROVED
COASTER ASH TRAYS!

AND LOOK! ONLY \$298

SAMSON DE LUXE CARD TABLES AND CHAIRS

For Christmas

not just a "sled"
but a real

Flexible Flyer!

Youngsters Know the Difference

You know the difference between an ordinary sled and a "sled" when you were children, mother and dad... and your own children know today. That colorful flying eagle stands for more speed... sharper, more turning... greater safety... rugged construction to take all the punishment a youngster can give it. Yes, for all reason, give your child a sled this Christmas, but give him even more... the thrill of owning a genuine Flexible Flyer!

- Patented "Lip-bearing"
- Spring steel runners, grooved for smooth working
- Heavy steel bracing for strength and protection
- Raised side rail guard slipping off
- Patented safety runners
- Strong steel construction with no weak spots

LOOK FOR THE FAMOUS FLYING EAGLE

FLEXIBLE FLYER

S. E. ALLEN & CO., Inc.
891 Elmwood Ave., Philadelphia, Pa.

No Snow? ... Write for colorful folder.

Be a
"Real Santa Claus"
to "the Wife"

Here is the opportunity for every man—
Whose wife hasn't a modern new Electric Washing Machine

To do his duty and enable her to solve the Monday problem for years to come.

Be a real Santa Claus to the wife—get her a new Model 20 "Automatic" the Electric Washer on which you

Save 1/3

You Save 1/3
the Cost When You Buy this Model 20 AutoMatic

AutoMatic Washer



The Steps in Problem-Solving

What Is Problem-Solving? It is a process that we use at home and work which involves identifying a problem, analyzing and solving problems. The ultimate goal of problem-solving is to find a solution that best resolves the issue. In order to correctly solve a problem, it is important to follow a series of steps.

Problem Solving Steps



1. What is my problem?

After the problem has been identified, it is important to fully define the problem so that it can be solved.

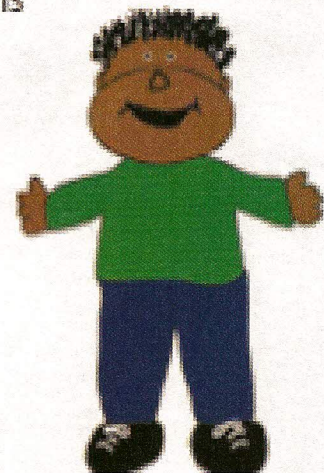


3. What would happen if...?
Would it be safe? Would it be fair?
How would everyone feel?



2. Think, think, think of some solutions

What is the plan
to solve the
problem?



4. Give it a try!
Monitor progress &
reevaluate plan or look for
new strategies if not solving
problem.

NEW EMPLOYEES

Brandon Childs Dietary
Cynthia Douglas RA
Kayla McCaughan RA
Cosmin Dinu RA
Savanah Morin RA
Alexandra Dinu RA
Ilaisaane Prieditis RA
Tammy Rector RA
Kerri Petley Dietary
Heather Richard RA
Whitney legacy RA
Monica Gibbons LPN
Nicole Lutes Dietary
Maddison McDonald Dietary
Tracey Power Housekeeping
Bernice Bourque Housekeeping



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LifeTimes

Tips for a Stress Free Christmas

The good thing with the stress of the holidays is that it is predictable. Unlike other types of stress that we encounter in life, we know exactly when it will start and when it will finish. Here are a few tips to make this Christmas holidays a time of joy and happiness.

Priorities- Avoid being tied up with too many obligations.

Decide what activities have a positive influence on you and are important to you and select those to be a part of .

Change your expectations about family gatherings- Either with friends or with relatives, it is good to know how long you want to spend with others and how long with yourself or a very closed circle.

Organize and Plan- Prepare "to do" lists with things that you need to do and consider how realistic your plans are. Start with the most important and finish with the minor.

Enjoy the holidays- Avoid putting all your energy and expectations on Christmas Day or New Year's Eve. Try living and enjoying every day of the holidays. This will leave you with a much more holiday satisfaction.

Think positive- For many people these days, coinciding with the change of the year is a period to re-evaluate their lives and set new goals for the New Year. It is not necessary to just focus on unfulfilled dreams and disappointments. You have to be optimistic for the future.

Do not exaggerate- Do not exaggerate the abuse of eating, drinking and spending. Although the period of holidays is associated primarily with a few more pleasures that we allow ourselves, the exaggerations come to add to the extra stress and guilt to the already intense days.

Watch your spending- Do not spend more than you can afford. There are other ways to feel the "Spirit of the holidays" without spending.

Surprise yourself- If you need a change, this year's celebrations are an opportunity to do something that you have not done before.

Spend the holidays with people that you love- Prefer to spend your time with people that you love and care about. It is these people who will actually make you feel the "spirit of Christmas".

Do not get carried away by TV- Try not to be affected by the enthusiastic atmosphere of television, by making comparisons of your life and what is shown on TV. The real life is never as rosy and happy as it is played on television.

Resourced from www.manageyourlifeflow.com

Giving Tree



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

HOW IT WORKS:

1. Remove an ornament from the Giving Tree with the gift suggestion you are willing to purchase.
 2. Purchase the gift (s) listed.
 3. Bring the ornament and gift in a gift bag to the Recreation Department
- Gifts will be delivered to the Nursing Units on December 24th

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

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

Adaptive Creations & More can be contacted at 382-8311.

Books for those who love to read.

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

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

Favorite Video/DVD

CD player and CD's

Wireless head phones for TV

A Photo Album with labeled pictures

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

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

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

Sun catcher for the window

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

Nail clippers

Electric Razor

Warm socks

Fleece Bed Jackets, Shawl

Slippers with non-slip soles

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

2013 Calendar with large squares and important dates noted

An offer to do mending

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

Schedule a monthly visit

A monthly card – Everyone loves mail

Flowers; least scent

Donation to Residents wing in the resident's name.

Gift certificate for a plant for our outside gardens

Donation to the Spencer Home Foundation

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

Donation to Giving Tree.

An iPod shuffle with headphones

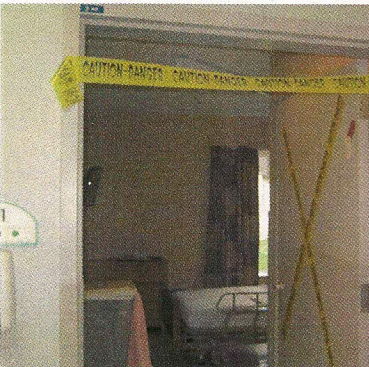
"The smallest good deed is better than the grandest good intention." – Duguet

**INFECTION
CONTROL
WEEK
OCT 21-25**

**Infection
Control**



Infection control week Oct 21-25 was celebrated at Spencer Home with work-place activities such as CSI Infection Control and Hand washing Glo Germ exercises



We ❤️ our staff

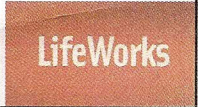
WELLNESS CHAMPIONS

**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.



Healthy Back

Back Tips

When your back hurts, many other things suffer too. Your energy is lower and your favorite activities can become sidelined. Everyday activities such as getting in and out of the car, lifting a child or carrying groceries can become painful and tiring. Even if you are not feeling sore, your back may be stressed and headed toward injury.



Indicators of a Healthy Back

Good Posture

A healthy back can hold itself up straight with relatively little effort. Slouched posture puts stress on your spine and even your lungs and stomach.

Ease Of movement

Ease of movement means lack of stiffness or limitations when doing things

like getting in and out of a chair or car, or bending over to pick up something. If you are usually stiff, your back may need a tune-up.

Range of motion

Range of motion is about your ability to bend and turn your torso. For example, can you:

- ◆ Turn your chin to your shoulder?
- ◆ Go past your knees when bending forward to touch your toes?
- ◆ Reach your knees with your fingers when bending sideways?
- ◆ Tilt your head far enough back to see the ceiling without bending your back?

Reduced flexibility may be a sign that your spine isn't moving properly.

Performance

A healthy back should be able to sustain physical activities such as gardening or spring house cleaning, without being so sore the next day that you can hardly function. It's OK to be a little stiff, but not to the point where you have trouble

moving.

Tips

- ◆ Be posture-conscious when sitting, standing and even sleeping. Sleeping on your back or side is best for your spine.
- ◆ Build core muscle strength— that means the muscles in your abdomen, back and sides. Your muscles hold your spine upright.
- ◆ Stay well-hydrated to keep the discs of your spine cushiony, so they can do their job.
- ◆ Practice good nutrition for healthy bones and muscles, and to prevent osteoporosis.
- ◆ Take frequent stretching breaks to keep your back limber.
- ◆ Practice safe lifting techniques. Keep your back straight, bend your knees and use your leg muscles to lift.

Think about your back before it hurts!

Resourced from Canadian Chiropractic Association

We ❤️ Our Staff

Around our Home

40th Anniversary celebrations



Car cruise on the grounds of the Home.



Residents take part in Spencer Homes version of Jeopardy!



Staff luncheon, pizza, pop and dessert!



40th Anniversary Resident and Family Picnic and Wagon Rides





K. E. Spencer Memorial Home Christmas 2013

The festive season will soon be upon us and again this year many activities have been planned for our residents to make the Christmas Season a special time. Family members are welcome and encouraged to join their family member in attending these festive activities. Recreation Calendars will be available at the Recreation Counter December 1st.

During the Christmas Season we have an opportunity for the residents to enjoy a Christmas meal with their family. A Christmas Dinner celebration is scheduled for 12:00 noon on Tuesday December 17th. Tickets for this meal are required and can be purchased until December 12th at the Dietary Department, Monday-Friday, 8:00-4:00, at a cost of \$13.00 per ticket. Due to space limitations, we can accommodate the maximum of (3) three guests per resident.

If you are planning to take your loved one out of the Home over the Holiday Season and this requires special arrangements by staff, please give the staff at least one day notice to make these arrangements.

*Merry Christmas and
Happy New Year to all!*



Residents and Family members took part in a special Remembrance Day Service at Spencer Home.



*Watch your thoughts; They become words.
Watch your words; They become action.
Watch your actions; They become habit.
Watch your habits; They become character.
Watch your character; It becomes your destiny.*

Lao Tzu

REFLECTION

K. E. SPENCER MEMORIAL HOME

MISSION STATEMENT: The mission of the Kenneth E. Spencer Memorial Home Inc is to ensure the quality of life of persons requiring long term care in south-eastern NB.

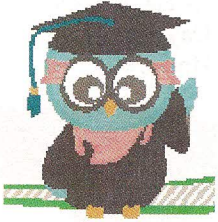
VALUES STATEMENT: All our decisions, actions and behaviors are based on:
CARING, RESPECT, INTEGRITY, EXCELLENCE, SAFETY.

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



Set a personal goal for 2014

eLearning



Olivia The Owl Says

Please remember to complete the next 3 courses

- C04 Alzheimer's Disease
- C05 Managing Behavior
- C06 Falls Prevention

Quality Worklife & Education

Working Together

Representatives from Costco visited our the home on Oct 17, providing membership information and treats for staff and residents.



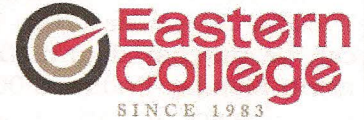
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Students from Eastern College visited the home on November 8 and provided mini neck and shoulder massages to staff and residents.



&



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	Jennifer Steylen
Nurse Manager ext. 113	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
Debbie Heskett



Congratulations!

We ♥
Our Staff

Meet Our Staff Brenda Condon

Brenda is another long serving staff member and veteran of Spencer Home. She has been a presence in our office for 29 years. She has held various supervisory positions and currently is our office manager. She not only manages the office but also assists in payroll, trust funds, financial activities at the home and other projects as they arise.

Brenda was born and raised in Saint John, NB but has also spent some time out west. She started work at 11 years of age at a day

care. Following that at

the age of 16 she became the full time book-keeper for Towers Department Stores. She also managed BT Johnson Scale Ltd while in Saskatchewan and was the music director at North Battleford Baptist church.

Brenda has the distinction of being the first female to graduate with a degree from Atlantic Baptist College where she earned her BA. She also has a certificate in Business Administration from Saint John Community College. Just as a side note, her father was one of her professors (Can you say teachers pet???) On top of all this Brenda enjoys playing piano and singing.

Brenda love Johnny Reid, The Tenors and El Divo and is also a big fan of the Winter Olympics, especially curling. Brenda's biggest passion in life are her two nephews who live in the Edmonton Alberta area, which is evidenced by all the pictures on her desk!

Thanks Brenda for all you bring to Spencer Home and for your many years of service and NO you cannot move to Edmonton!! Once again "Thanks for coming to work"!

Submitted by Carl Shaw (Quality Worklife & Education Committee)

New Resident Directory Board

At our main entrance you will now find our new directory board which also features a memo board to keep residents and their families updated on current events at Spencer Home.



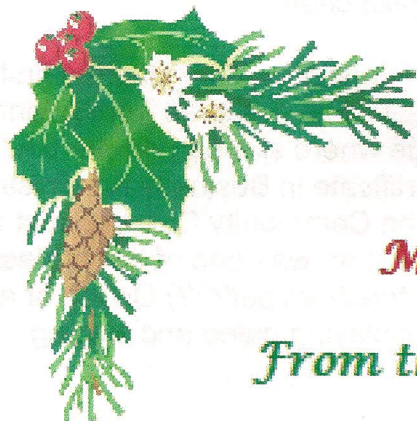
Donations make a Difference



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.



Spencer Home
FOUNDATION



Merry Christmas Everyone!

From the Spencer Home Foundation

Please consider making a donation to Spencer Home Foundation. Your tax deductible gifts will enable the Foundation to provide physical resources that are needed by the residents of Kenneth E. Spencer Memorial Home that will enhance the resident's quality of life in many ways.

All donations may be made directly through the Spencer Home Foundation website utilizing Canada-Helps.org or by dropping off your donation to the Spencer Home business office.

Please make your cheque payable to: Spencer Home Foundation Inc.

Office Address: 35 Atlantic Baptist Avenue, Moncton, NB E1E 4N3

Website: SpencerHomeFoundation.org





Thank you Linda Rice(daughter of resident Ron McWilliams) for the generous donation of these beautiful hand made fall arrangements. They added that extra touch of fall to the home!



Recipe Corner



Lemon-Thyme Roast Chicken

Makes 8 servings

A roast chicken that is crispy on the outside and juicy on the inside is hard to beat.

- 1 whole roasting chicken
- 4 cloves garlic, minced
- 1/4 cup olive oil
- 2 tbsp chopped fresh thyme
- 1 tsp black pepper
- Lemon juice
- Salt

Prepare chicken by trimming excess fat from body or cavity. Rinse inside and out under cold running water and pat dry.

In a bowl large enough to hold the chicken, whisk together garlic, olive oil, thyme, pepper, lemon zest, lemon juice and salt to taste. Place chicken in bowl and turn to coat completely, inside and out. Cover and refrigerate for at least 1 hour or overnight. Preheat oven to 450°F (230°C) and remove top rack.

Place chicken on rack in roasting pan and baste with marinade. Roast for 15 to 20 minutes. Reduce heat to 375°F (190°C) and roast for 1 1/2 to 2 hours (depending on the size of the chicken) or until skin is dark golden and crispy drumsticks wiggle when touched, and a meat thermometer inserted into the thickest part of a thigh registers 185°F (85°C). Remove from oven and let rest, tented with foil, for 10 to 15 minutes before carving. (This allows the juices to redistribute and provides a much moister chicken.

Tip—Using a V-shaped rack is an excellent and healthy way to roast chicken. The open cavity of the chicken is placed over the rack, allowing the chicken to roast upright. If you don't have a V-shaped rack, you can just place the chicken in the roasting pan. However, the overall result is better with the rack - the chicken skin crisps all around, and any excess fat drips off into the pan.



Keep in contact with a resident at Spencer's.

New Email Address for Residents:

residents@atlanticbaptisthousing.com

New Dental Office Now Open!

Dr. Smyth provides dental services to Spencer Home residents in a new updated atmosphere!



SPENCER HOME WEBSITE



Remember to check out our website

www.atlanticbaptisthousing.com

Newsletters, upcoming events, activity schedules, admission procedures and more available at your fingertips.

The Kenneth E. Spencer Memorial Home Inc.

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